

Making it Work

**Resources for work with young carers and
their families**

Alison Kendall

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First published in 2003

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Young Carers' Projects

Young Carers' Projects

The following list of Young Carers' Projects are presented geographically to assist the reader in finding their local support. The information given is correct at the time of publication, but may change over time. It will be kept up to date on the website of the Young Carers' Initiative: www.childrenssociety.org.uk/youngcarers.

Current information about local support can also be found in libraries, Citizens Advice Bureaux, Community Centres, Council Offices, Social Services, etc.

North-East England

Children North-East (Young Carers' Project)

Paula Robinson
c/o West End Youth Enquiry Service,
4 Graingerville North West Road,
Newcastle-upon-Tyne, NE4 6UJ
Tel: 0191 273 3997
Email: young.carers@weyes.org.uk

Services Offered Group Work, Youth Achievement Awards, Support Group, Training, Young Carers Information Point

Publications Leaflets, Project Evaluation, Consent Forms, Referral Form

Middlesborough Young Carers' Project

Jean Bage
Melrose House, Melrose Street,
Middlesborough, TS1 2QS
Tel: 01642 264915

Services Offered Information and Advice, Group Work, Advocacy

North Tyneside Young Carers' Project

Neptune House, Neptune Road, Wallsens,
Tyne and Wear, NE28 6DD
Tel: 0191 200 1111

Sedgefield Locality

Ms Bobbie Ford
PRT Sedgefield Locality Carers Centre,
c/o The Pioneering Care Partnership, Cobblers Hall,
Off Burn Lane, Newton Aycliffe, DL5 4SF
Tel: 01325 313123
Fax: 01325 301129
Email: sedgefieldcarers@pcp.uk.net

Sunderland

Ms Ailsa Martin
PRT Sunderland Carers Centre, 12 Toward Road,
Sunderland, SR1 2QF
Tel: 0191 567 3232
Fax: 0191 567 8536
Email: carers.info@virgin.net

North-West England

Blackburn with Darwen Young Carers' Project

Samantha Morris
Blackburn Child Care Society, Whalley Road, Wilpshire,
Blackburn BB1 9LL
Tel: 01254 248282

Services Offered Information and Advice, Group Work, Advocacy, One to One Support

Barnardo's Action with Young Carers – Bolton

Sandra Bilsborrow
22 Chorley New Road, Bolton, BL1 4AP
Tel: 01204 373989
Email: sandra.bilsborrow@barnardos.org.uk

Services Offered Family Support, Information and Advice, Group Work, One to One Support

Bury Young Carers

Margaret Brewster and Claire Clayton
Carers Partnership, The Carers Centre,
146 Hornby Street, Bury, Greater Manchester, BL9 5BB
Tel: 0161 253 6902

Services Offered Respite Care, Support Groups, One to One, Advice and Information, Training, Advocacy, Social Activities, Residential Breaks

Publications Leaflets and Posters, Information Pack, Powerpoint Presentation

Burnley Carers Contact

Joanne McIvor
ELVSRC, 62/64 Yorkshire Street, Burnley,
Lancashire, BB11 3BT
Tel: 01282 704604

Carers Link

Traci Lawson
Carers Link, Link House, 23 Kings Street,
Accrington, BB5 1PR
Tel: 01254 387666
Email: traci@carerslink.org
Website: www.carerslink.org

Chester and Ellesmere Port Young Carers' Project

Bethan Cooper
Upton Youth Centre, Wealstone Lane,
Chester, CH2 1HB
Tel: 01244 398999
Email: info@young-carers.sja.org.uk
Website: www.cheshire.sja.org.uk/youngcarers

Aims of Project To provide a needs-led service to young carers, to allow them to be children, no matter where that environment may be.

Services Offered Fun Zone, Learning Zone, Respite Care, Awareness Raising, Information and Advice, Group Work

Publications Project Leaflets

East Cheshire Crossroads

Andrea Kinsey
Sunderland House, Sunderland Street, Macclesfield,
Cheshire, SK11 6JF
Tel: 01625 511044

HITS Young Carers' Project

Linda Brown
Bridgeview, 84 Grange Way, Runcorn,
Cheshire, WA7 5HZ
Tel: 01928 564663
Email: hits@ukonline.co.uk

Services Offered One to One Support, Group Support, Volunteer Mentors, Free phone number

Publications Information Pack, Newsletter

Knowsley Young Carers' Project

Karen White, Project Manager
3 Norbury Close, Kirkby, Knowsley, Liverpool, L32 0US
Tel: 0151 548 5010
Fax: 0151 443 4018
Email: karenwhite.dss@knowsley.gov.uk

Description of Project Based in the Children's Division of Knowsley Social Services Department.

Services Offered Individual and Group Work, Advocacy, Assessment of Caring Role, Respite, Other Support as Required

Liverpool Barnardo's Young Carers

Sandra Bilsborrow
24 Coquitt Street, Liverpool, Lancs, L1 4DE
Tel: 0151 708 7323

Manchester NCH Young Carers' Project

David Bazell
75–77 Ardwick Green North, Manchester, M12 6FX
Tel: 0161 273 6858

Signposts, Morecambe

Julia Reay

58 Regent Road, Morecambe, LA3 1TE

Tel: 01524 419597

Email: signpostsmarc@aol.com

Services Offered One to One Support, Group Work, Trips and Residential Short Breaks, Homework 'Catch Up' Session, Lap-top loan service.

Publications Annual Report

Oldham Young Carers

Amanda Wild and Allison Waddell

The Joint Disability Resource Centre, Honeywell Lane,

Hathershaw, Oldham OL8 2JP

Tel: 0161 652 2122

Email: allison@youngcarers.freeserve.co.uk

Website: www.youngcarers.freeserve.co.uk

Services Offered Activities, Advocacy, Individual Work, Family Work, Various Therapies, Information and Advice for professionals, young carers and their families, short breaks, Practical Support

Publications Information Pack for Professionals, Information Pack for Young Carers, Newsletter, Leaflets

Preston Young Carers' Project

Yvonne Miller

Preston CVS, Princes Building, 50/52 Lancaster Road,

Preston, Lancs, PR1 1DD

Tel: 01772 200173

Email: carers@pcvs.fsnet.co.uk

Services Offered Support in schools, One to One Support, Group Support, Events during School Holidays, Information

Publications Regular Newsletter, Leaflets

Salford Young Carers' Project

Paul Simpson

Salford Carers' Centre, 1 St Philips Place, Salford M3 6FA

Tel: 0161 833 0217

Email: salfordcarers@freeserve.co.uk

Services Offered Information and Advice, Group Work, One to One Support, Advocacy

PSS Sefton Young Carers' Project

Adrienne Cronin

62 Coronation Road, Crosby, Liverpool, L23 5RQ

Tel: 0151 924 5544

Description of Project Provides child centred services to children and families.

Services Offered Social Work assessments and care packages, Residential Holidays, Support Groups, Activities, Information and Advice, Advocacy, One to One Support.

St Helens

Ros Jones

PRT St Helens Carers Centre, c/o 6 Moss Lane, Windle,

St Helens, Merseyside, WA11 7QD

Tel: 01744 454802

Fax: 01744 753570

Email: sharon@sthelenscarerscentre.fsbusiness.co.uk

Tameside Young Carers

Carolynn Brierley

Assessment & Care Management Team,

Newton Centre, Victoria Street, Newton Hyde,

Greater Manchester, SK14 4AA

Tel: 0161 368 3192

Trafford Young Carers

Denorah Fairclough

69 Cross Street, Sale, Manchester, M33 7HF

Tel: 0161 972 0090

Warrington Young Carers

Cathy McNicholas

TPJB Young People's Centre, Peace Drive, Warrington,

Cheshire, WA5 1HQ

Tel: 01925 581213

West Lancashire Young Carers' Project

Val Owen

Youth and Community Building, Ormskirk School,
Wigan Road, Ormskirk, Lancashire, L39 2AT

Tel: 01695 581433

Email: youngcarersW@netscape.net

Website: www.geocities.com/youngcarersw/

Services Offered Group and Individual Support, Befriending, Family support, Respite, Advocacy, Information and Residential Weekend Breaks

Publications Annual Report 2002, Project Leaflet

Wirral Young Carers' Project

Sally Bartlett

Manor Trust Limited, 79 Gorse Lane, Wallasey,
Wirral, CH44 4HE

Tel: 0151 346 9878

Website: www.pss.org.uk

Services Offered Information and Advice, Group Work, One to One Support, Social Work Support, Educational Support

XY Young Carers

Isobel Gooding

113A Crewe Road, Haslington, Cheshire, CW1 5RG

Tel: 01270 255475

Email: xyteam@hotmail.com

Websites:

Professional Information site

www.cheshireyoungcarers.co.uk

Young carers own web site (In the process of being created)

Publications Leaflets, Posters and Newsletters

Services Offered to young carers 1:1 support, young carers group, Advocacy, Training (first aid, accident prevention, lifting/handling), Group based development work, Time out

Services for professionals and people working with children or carers Awareness Raising and Presentations

Yorkshire and the Humber

Barnardo's Willow Young Carers

Amanda Stuart

75a Stoney Rock Lane, Burmantofts, Leeds, LS9 7TB

Tel: 0113 240 8368

Description of Project A support service for children and young people who are close to someone experiencing a mental or physical health problem.

Services Offered Barnardo's guidelines for working with young people and particular experience of supporting young carers of someone with mental health problems.

Calderdale Young Carers' Project

Liz North

Crossley Mill Childrens Centre, New Road,
Hebden Bridge HX7 8AD

Tel: 01422 369101

Email: calderdalecarers@hotmail.com

Description of Project Short-term development work with statutory services in identification, assessment and service provision policies and procedures for young carers in Calderdale.

Services Offered Pilot Support Group for young carers as part of consultation to identify support needs of Young Carers, and to inform funding proposals for a full service in Calderdale.

Publications Multi-Agency Policy Document, End of Year Report

Doncaster Young Carers' Project

Jane Whaley

Doncaster Partnership for Carers, Oswin House, Oswin Avenue, Balby, Doncaster, DN4 0NR

Tel: 01302 570077

Email: donyoungcarers@carers.net

Website: www.doncastercarers.cjb.net (in development)

Description of Project Began in 1995, now supports 70 young people, and has a waiting list

Services Offered Group Meetings, Activities, One to One Support, Respite, Advocacy, Information and Advice, Family Support

Hambleton and Richmondshire Carers

Paula Akers
75a High Street, Northallerton, North Yorks, DL7 8EG
Tel: 01609 780872

Services Offered Lunchtime groups in secondary schools

Publications Information Pack

**Harrogate and Craven Young Carers' Development Project
(A Princess Royal Trust for Carers Project)**

Gill Gentle
11 North Park Road, Harrogate, HG1 5PD
Tel: 01423 500555

Services Offered Activities, Trips, Holidays, Assemblies, PHSE lessons, Training for Professionals, Support for Families and Parents with care needs.

Publications Summary of schools surveys, Leaflets, Information for young people about bullying, epilepsy, Teacher's Information

Hull & E Riding Young Carers

Mavis Crawforth
NCH, 892 Holderness Road, Hull, HU9 4AA
Tel: 01482 788959

Services Offered Group Work, One to One Support, Information and Advice, Advocacy

Kirklees Young Carers

Margaret Scott and Dorothy Jessop
Northorpe Hall, Northorpe Lane, Mirfield,
W Yorks, WF14 0QL
Tel: 01924 492183

PRTC Leeds Carers' Centre

Carmel Kent
Leeming House, Vicar Lane, Leeds, LS2 7JF
Tel: 0113 246 8338

Scarborough Whitby Young Carers' Service

Pat Gosling
NCH 3rd Floor Offices, 20 The Esplanade, Scarborough,
N Yorks, YO11 2AQ
Tel: 01723 360389

Sheffield Young Carers' Project

Liz Church
Venture House, 103 Arundel Street, Sheffield,
S Yorks, S1 2NT
Tel: 0114 281 6151

Wakefield District Young Carers

Vicki Simpson
21 King Street, Wakefield, W Yorkshire, WF1 2SR
Tel: 01924 304110

York Crossroads Caring for Carers

Stephen Sorby
7 Warwick Street, The Groves, York, YO31 8NL
Tel: 01904 658318

York and Selby District Carers' Centre – Young Carers

Sharron Keast and Karen Harrison
Clementhorpe Health Centre, Cherry Street,
York, YO23 1AP
Tel: 01904 655945
Selby Office: 01757 709422
Email: sharron.keast@excha.yhs-tr.northy.nhs.uk
karen.harrison@excha.yhs-tr.northy.nhs.uk

Services Offered Groups, Occasional Trips, One to One Support, Information, Advice and Support

East Midlands

Action for Young Carers

Cara Holland

1 Beech Avenue, Sherwood Rise, Nottingham, NG7 7LJ

Tel: 0115 912 8043

Email: youngcarers@careruk.co.uk

Description of Project Has more than 450 young carers, over a quarter of whom are from ethnic minority communities. Has a worker for mainly rural area, although they do cover both city and rural areas.

Services Offered Lesson plans/PHSE work, Holiday activities scheme, Consultation group, Counselling service (age 12 and over), 3 x Holiday caravans, School liaison worker providing Lesson plans/PHSE work etc

Publications Newsletter

Derbyshire & Derby City Young Carers' Service

Carol Southam

3 Leopold Street, Derby, DE1 2HE

Tel: 01332 370430

Email: mddeyc@mail.nch.org.uk

Services Offered Information and Advice, Group Work, Social Activities, Advocacy, One to One Support, Befriending, Residential Opportunities, Outings, Mental Health Workshop

Publications PHSE Curriculum Unit, Young Carers Introduction Pack

Leicester Barnardo's Carefree

Nikki Thompson

Meadway House, 1a Salisbury Road, Leicester, LE1 7QR

Tel: 0116 275 6533

Lincolnshire

Caroline Lambert

PRT Lincolnshire Carers Centre, 1 Rauceby Terrace, Orchard Street, Lincoln, LN1 1XU

Tel: 01522 554 989

Fax: 01522 554 988

Email: info@sharethecare.demon.co.uk

Northamptonshire Young Carers' Service (A Princess Royal Trust for Carers Project)

Jo O'Malley

Kettering Carers Centre, 1 Meadow Road, Kettering, Northants, NN16 8TL

Tel: 01536 414259

Services Offered One to One Support, Group Work, Activities

Publications Young Carers Induction Pack, Schools Information Pack

North & North-East Lincolnshire Young Carers' Project

Bev Davis and Ann-Marie Kelly

Carer's Support Centre, 11 Redcombe Lane, Brigg, North Lincolnshire, DN20 8AU

Tel: 01652 652206

Services Offered Information and Advice, Group Workshops, Advocacy, One to One Support, Befriending, PHSE Awareness in schools

West Midlands

Birmingham Young Carers

Elaine Austin

The Princess Royal Trust for Carers Centre, Milton Grange, 16 Handsworth Wood Road, Handsworth Wood, Birmingham

Tel: 0121 686 4070

Email: mdby@mail.nch.org.uk

Services Offered Information and Advice, Group Work, One to One Support, Advocacy

Coventry

PRT Coventry Carers Centre, 3 City Arcade, Coventry, CV1 3HX

Tel: 02476 632972

Fax: 02476 837082

Email: cov.carers@dial.pipex.com

Dudley Young Carers (NCH)

Bryony Dickens
 29 St James' Road, Dudley, West Midlands, DY1 3JB
 Tel: 01384 212822
 Email: mddycp@mail.nch.org.uk

Services Offered Information and Advice, Group Work, One to One Support, Leisure Activities, Befriending, Workshops, Homework Club

Herefordshire Young Carers

Sally Thomas
 Mortimer House, Holmer Road, Hereford, HR4 9TA
 Tel: 01432 356068
 Email: sally@hyoungcarers.freemove.co.uk

Services Offered Home Visits, Clubs, Trips, One to One Support

Publications Newsletters, School Survey, Leaflets, Posters, Handouts

Nuneaton and North Warwickshire Young Carers

Jayne Mumford
 19 Trinity Walk, Nuneaton, CV11 4PH
 Tel: 02476 320123

Services Offered Befriending, One to One Support, Social Activities, Group Work, Peer Support

Rugby Young Carers' Project

Louise Heath
 CVS House, 19/20 North Street, Rugby, CV21 2AG
 Tel: 01788 553331
 Email: young.carers@rugbycvs.org.uk

Services Offered One to One Support, Befriending, Support Groups

St Helens PSS Young Carers

Cath White
 Office 10, Wolverhampton House, 121 Church Street, St Helens, WA9 1JS
 Tel: 01744 454802
 Email: sthelensyc.office@pss.org.uk

Services Offered Respite Breaks, One to One Support, Group Activities, Flexible Educational help

Publications Leaflets, Posters, Quarterly Leaflet,

Young Carers' Power Pack, Work Pack, Newsletters, Training Material, Research Information

Sandwell Young Carers

Joan Anson
 44 Bratt Street, West Bromwich, West Midlands, B70 8SB
 Tel: 0121 525 7667

Services Offered Drop-in facility, Clubs, Residentials, Educational Help, Off-site Activities, Counselling and Support, Learning and Resource Room

Publications Information Packs, Leaflets, Annual Reports

Shrewsbury British Red Cross Young Carers

Susan Simcock
 Branch Headquarters, Sutton Lodge, Betton Street, Belle Vue, Shrewsbury, Shropshire, SY3 7NY
 Tel: 01743 351348

Services Offered Time Out for young carers with respite care for the care receiver

Solihull Young Carers' Project

Kim Sales
 Crossroads Caring for Carers, Shirley Clinic, 276 Stratford Road, Shirley, West Midlands, B90 3AD
 Tel: 0121 733 7295

Services Offered Bank of resources for use by young carers, Sibling/young carers' group

Publications Many! Examples: Report on Good Practice in Multi-agency work, Posters, Newsletters, Training Material, Leaflets, Questionnaires

South Warwickshire Young Carers' Project

Cathy Long
 10-14 Chapel Street, Warwick, CV34 4HL
 Tel: 01926 493207

Spurgeons Young Carers, Wolverhampton

Maxine Kennedy
 52 St Judes Road West, Tetten Hall, Wolverhampton, West Midlands, WV6 0DB
 Tel: 01902 572300

Telford TCS Young Carers

65/68 Withywood Drive, Malinslee, Telford,
Shropshire, TF3 2HU
Tel: 01952 502393

Worcestershire

Kevin Rogers
PRT Worcestershire Carers Centre, 10 Sansome Place,
Worcester, WR1 1UA
Tel: 01905 731181
Email: young.carers@talk21.com

Young People's Support Scheme (Shropshire)

Jayne Steventon
Unit J1, Tweedale Industrial Estate, Tweedale South,
Madeley, Telford, Shropshire, TF7 4JR
Tel: 01952 585455

Services Offered Mentoring and Advocacy, Activities

Publications Information Leaflets, Referral Forms

Eastern England

Barnardo's Indigo Young Carers in Redbridge

Charmaine Palmer-Broome and Vanessa Smith
30 Civic Way, Barkingside, Ilford, Essex, IG6 1HH
Tel: 020 8551 9204

Until Spring 2003, after which, the address will be as follows:

13 Granville Road, Ilford, Essex IG1 4RU

Services Offered Information and Advice, Group Work, One to One Support, Advocacy, Trips and Outings, Befriending

Basildon and District Young Carers

May Darke
1st Floor, Mayflower House, Blunts Wall Road, Billericay,
Essex, CM12 9SA
Tel: 01277 622603

Services Offered Group Work

Braintree Crossroads

Val Crosby
Pound End Mill, New Street, Braintree, Essex, CM7 1ES
Tel: 01376 320572
Email: xroads@aol.com

Services Offered Information and Advice, Group Work, One to One Support

Breckland Young Carers

Heather Caley
Breckland Crossroads Caring for Carers,
Dereham Hospital, Northgate, Dereham,
Norfolk, NR19 2EX
Tel: 01362 696110

Colchester Carers' Centre for Children

Shirley Cuthew
25 Oaks Drive, Colchester, Essex, CO3 3PR
Tel: 01206 560997

Crossroads Young Carers – Castle Point

Polly Bartram
The Tyrells, 39 Seamore Avenue, Thundersley,
Essex, SS7 4EX
Tel: 01268 638403

Services Offered Information and Advice, Group Work, One to One Support, Advocacy, Respite

Harlow Young Carers' Project

Ginny Penney
2 Wych Elm, Hamstel Road, Harlow, Essex, CM20 1QP
Tel: 01279 308314

Hertfordshire Young Carers' Project (A Princess Royal Trust for Carers Project)

Cindy Honour
The Red House, 119 Fore Street, Hertford,
Herts, SG14 1AX
Tel: 01992 586969
Email: cinh@dial.pipex.com
Website: www.cinh.dial.pipex.com

Huntingdon Crossroads Young Carers

Jo Britt
The Primrose Centre, Primrose Lane, Huntingdon,
Cambridgeshire, PE29 1WG
Tel: 01480 456170

Milton Keynes

Mr Harvey Brown
PRT Milton Keynes Carers Centre,
The David Baxter Centre, 63 North Seventh Street,
Central Milton Keynes, MK9 2DP
Tel: 01908 231703
Fax: 01908 231703
Email: office@mkcarers.org

Norwich & District Carers Forum – Young Carers' Schools Project

Cath Thomas
18 St Faiths Lane, Norwich, Norfolk, NR1 1NN
Tel: 01603 219924
Fax: 01603 219939
Email: yc.carersforum@freeuk.com

Description of Project Established in September 1997, excellent links with schools and other agencies

Aim of Project To identify and give support to young carers in High Schools in East, North, Central and South Norfolk

Services Offered Support Groups, Training for Professionals, Awareness-raising lessons and assemblies in schools, One to One Support, Outings and activities

Peterborough Young Carers

Janine Baxter
PCVS, 3 Lincoln Court, Lincoln Road,
Peterborough, PE1 2RP
Tel: 01733 342683
Email: peterboroughcarerscentre@supanet.com

Services Offered Monthly Activity Sessions, Individual Support, Advocacy, Advice and Information

Publications Leaflets, Posters, Information Pack for Young Carers (13+), Information Pack for Professionals

Suffolk Young Carers

(A Princess Royal Trust for Carers Project)

Kate Seaman, Project Manager
The Wellington Centre, 52 Chevallier Street,
Ipswich, IP1 2PB
Tel: 01473 408040
Email: kate.seaman@suffolk-carers.co.uk

Description of Project Joint initiative with Local Education Authority to raise awareness in schools as to the needs of Young Carers amongst both staff and pupils

Publications 'Understanding Young Carers', a support document for PHSE Key Stage 3 which includes a lesson plan, Video, Leaflets

Tendring Crossroads Young Carers' Project

Clive Scoffin, Care Manager
Suite 3, Unit 3, Bosworth House, High Street,
Thorpe le Soken, Essex, CO16 0EA
Tel: 01255 860960
Email: tendcrossroads@aol.com

Description of Project Supports young carers at home and through a support group.

Services Offered Group Meetings, One to One Support, Activities

Publications Guideline Packs, Evaluations and Evaluation Questionnaires

West Norfolk Young Carers' Project

Christine Tedds
St Margaret's House, Kings Lynn, Norfolk, PE30 5DR
Tel: 01553 669250

Services Offered Information and Advice, Group Work, One to One Support, Advocacy

London

Barnet Young Carers and Siblings

Daniela Manzi – BYCAS project Manager &
 Lisa Foran – BYCAS activities & support officer
 Barnet Young Carers Centre, 1 Castle Mews, Castle Road,
 North Finchley, London, N12 9EH
 Tel: 020 8343 9698
 Fax: 020 8445 1193
 Email: admin@barnetcarers.org
 Website: www.barnetcarers.org

Aims To raise awareness and identify young carers in secondary and primary schools.

Services Offered Fortnightly Support Group, Respite 'Sitting Service', Drop-in Service, School Workshops, Fortnightly Support Group, clubs and monthly outings

Publications Resource Packs for schools, Website

Brent Young Carers' Project

(A Princess Royal Trust for Carers Project)

Jane Vickers and Nicola Pieterse
 Wembley Centre for Health and Care, 116 Chaplin Road,
 Wembley, HA0 4UZ
 Tel: 020 8795 6249
 Email: email@brentcarerscentre.org.uk

Aims of Project To promote awareness of young carers in schools and to support teachers
 To advise Young Carers on access to services and support from other agencies

Services Offered Monthly Leisure/Social Activities, One to One support, Group Work

Publications Offsite Activity Guidelines, School Policy, Safety in home visiting policy, Drug and Alcohol Guidelines

PRT Camden Carers Centre

Claire Wheeler
 5 Crowndale Road, London, NW1 1TU
 Tel: 020 7388 5422
 Email: claire@camdenarers1.fsnet.co.uk

Capital Carers Young Carers' Project

Martine Ives
 1st Floor, 29–35 Lordship Lane, East Dulwich, SE22 8EW
 Tel: 020 8693 5090
 Email: capital-carers@dial.pipex.com

Description of Project Based within a respite care agency, has a user involvement policy.

Services Offered Advocacy, Befriending, Social, Leisure and Holiday Activities, Respite Care, School based work

Publications Volunteer Handbook, Policies and Procedures, Research Work

Greenwich Carers' Centre Young Carers' Service

170/172 Powis Street, Woolwich, SE18 6NL
 Tel: 020 8317 9998
 Email: info@greenwichcarerscentre.org

Services Offered Assessment and Outreach, Information and Advice, Bi-monthly Newsletter, Befriending and Peer Group Support, Workshops, Activities and Short-term Breaks, Young Carers' Action Group, Advocacy

Publications PHSE pack aimed at Key Stage 3 around young carers

NCH Hackney Young Carers' Project

The Print House, 18 Ashwin House, London, E8 3DL
 Tel: 020 7254 5554
 Fax: 020 7923 9890
 Email: Inhycp@mail.nch.org.uk

Aims of Project To raise awareness of young carers' needs, develop appropriate services, and facilitate their access to relevant existing services

Services Offered Advice and Information, Advocacy, Mentoring, Recreational Activities, Respite (home help), Social and Therapeutic After-School Clubs, Homework Support, Family Holidays, Consultancy and Training

Publications NCH Young Carers Standards, Project Information Pack, Referral, Assessment & Review Procedures, Evaluation and Monitoring Systems

PRT Hackney Carers Centre

Raina Sheridan
 Unit 17, 11–20 Tudor Grove, Hackney, E9 7QL
 Tel: 020 8985 1600
 Email: info@hackneycarers.org.uk

Hammersmith and Fulham Young Carers' Project

Sara Hepburn, Gideon Henderson
 182a Hammersmith Road, London, W6 7DJ
 Tel: 020 8563 8014
 Website: www.bubblycrew.co.org

Services Offered Weekly Activities, Homework Club, Advocacy, Information, Advice, Annual Holiday, Befriending, Emotional Support

Publications Monthly and Annual Reports

Haringey Young Carers' Project

Janine Shaw
 Red Gables Family Centre, 113 Crouch Hill, Crouch End, London, N8 9QN
 Tel: 020 8348 4660
 Email: lnhyc@mail.nch.org.uk

Services Offered Advocacy, Befriending, Weekly Support Groups, Drama Therapy, One to One Support

PRT Harrow Carers Centre

Maria Murphy-Price
 25/27 Pinner Green, Pinner, Harrow, Middlesex, HA5 2AF
 Tel: 020 8868 5224
 Email: harrowcarers@hotmail.com

**Hillingdon Young Carers' Project
 (A Princess Royal Trust for Carers Project)**

Hannah Moore
 1st Floor, Luther Bouch House, 126 High St, Uxbridge, UB8 1JT
 Tel: 01895 811206
 Email: office@hillingdoncarers.org.uk

Description of Project Established in August 2001. Works in partnership with many statutory and voluntary

organisations. Teaches in schools to promote young carers' issues, disability and mental health in the community. Works with young people aged 5–21 at present.

Services Offered Information, Advocacy and Advice, Youth Clubs and Activities, One to One Support short- and long-term

Publications Self-identification handouts for schools, Quarterly Newspaper.

PRT Islington Carers Centre

Paulo Mata
 Unit 1, 53 Hargrave Road, London, N19 5SH
 Tel: 020 7263 9080
 Email: islingtoncarersforum@tinyworld.co.uk

Islington Young Carers

Sue Phillips
 Camden & Islington Family Service Unit, 7 Dowdney Close, London, NW5 2BP
 Tel: 020 7424 1645
 Email: islingtonyoungcarers@hotmail.com

Services Offered Weekly After School Club, Homework Club, Summer Activities, One to One Support, Family Work, Advice & Advocacy, Residentials, Counselling, Drama Workshop

Publications Annual Report, Newsletter, Young Carers' Information Leaflet

Kingston Carers' Network

Eleanor Hughes, Young Carers Worker
 Room 05, Siddeley House, 50 Canbury Park Road, Kingston-upon-Thames, KT2 6LX
 Tel: 020 8547 1614
 Email: eleanor.kcnycarers@btopenworld.com

Services Offered Trips and Outings, Regular activities in a local youth centre, Young Carers' Group and Forum, Individual Support

Publications Newsletter

Carers Lewisham

Gari Sparling
The Lodge, Waldram Crescent, Forest Hill,
London, SE23 2LA
Tel: 020 8699 8686
Email: gari@carerslewisham.org.uk

Services Offered Information, Advice, Advocacy, Counselling, Respite, Activities, Groups and Workshops, School Support

Publications Schools PHSE Pack, Leaflets and Professionals' Pack, 'Unseen and Unheard: The Invisible Young Carers'

Merton

Ms Eve Brimacombe
PRT Merton Carers Centre, Vestry Hall, London Road,
Mitcham, CR4 3HD
Tel: 020 8640 4159
Fax: 020 8640 4159
Email: csm@britishlibrary.net

Description of Project 3 age-appropriate groups (5–10, 11–13 and 14–18), over 100 young carers attending regularly

Services Offered Club Nights, Drama Club, One to One Support, Residential Holidays, Day trips, Liaison with schools and other agencies, Family Support Work

Richmond

Ms Katy Wing
PRT Richmond Carers Centre, 88 Queens Road,
Twickenham, TW1 4ET
Tel: 020 8744 3900
Email: katywing@richmondcvcs.org.uk

SHINE, The Children's Society

48 Union Street, London, SE1 1TD
Tel: 020 7403 3854
Email: shine-south-london@childrenssociety.org.uk

Southwark

Mr Robert Bowler
PRT Southwark Carers Centre, Cambridge House,
131 Camberwell Road, London, SE5 0HF
Tel: 020 7708 4497
Fax: 020 7708 4877
Email: southwarkcarers@aol.com

Stepney PRTC Young Carers

Fara Beg-Balloch
21 Brayford Square, Stepney, E1 0SG
Tel: 020 7907 7204
Email: farabb@aol.com

Description of Project They have 168 young carers on their database.

Services Offered Support with homework, Activities, Trips, Holidays, One to One Support, Outreach with schools

Publications Information Pack, Newsletters, Annual Report, Leaflets and Posters

Sutton

Ms Marian Radford
PRT Sutton Carers Centre, 12–14 Benhill Avenue, Sutton,
Surrey, SM1 4DA
Tel: 020 8296 5611/2
Fax: 020 8296 5616
Email: sutton.carers@dial.pipex.com

Tower Hamlets

Ms Eileen Lowe
PRT Tower Hamlets Carers Centre, 21 Brayford Square,
Stepney, London, E1 0SG
Tel: 020 7790 1765
Fax: 020 7790 7073
Email: carerscentre.towerhamlets@virgin.net

Wandsworth

Ms Eglionna Treanor
PRT Wandsworth Carers Centre,
Suite 13, 3rd Floor, Culvert House, Culvert Road,
Battersea, London SW11 5AP
Tel: 020 7987 1777
Email: wcc@dial.pipex.com

Westminster

Mr Eddie Falvey
 Carers Network Westminster, Office 8, Beethoven Centre,
 Third Avenue, London, W10 4JL
 Tel: 020 8960 3033
 Fax: 020 8962 9461
 Email: info@carers-network.co.uk

Westminster Young Carers' Project

John Henry
 Westminster Carers Centre, 3rd Floor, Monmouth House,
 9 Monmouth Road, London, W2 4UT
 Tel: 020 7243 2500

Services Offered Practical Support, Information, Advocacy, Advice, Groups, Activities and Befriending, also Support for the cared for

Aylesbury Vale

Lucy Falkener, Lynne de Looze
 PRT Aylesbury Vale Carers Centre, Rycote Place,
 30–38 Cambridge Street, Aylesbury, HP10 1RS
 Tel: 01296 392711
 Fax: 01296 392466
 Email: mail@avcarers.org.uk

Brighton Young Carers' Project

Jane Morgan
 Carers Centre, 113 Queens Road, Brighton,
 East Sussex, BN1 3XG
 Tel: 01273 234045

Services Offered One to One Support, Awareness Raising in Schools, Training for teachers and pupils, Siblings Group, Groups for teenagers, 5–8 year olds and 9–12 year olds, Advocacy, Residential Holidays

South-East England

Andover Young Carers

Nicola Sage
 Longmeadow Centre, Cricketer's Way, Andover,
 Hants, SP10 5EF
 Tel: 01264 333788

Services Offered Twice-weekly 'Carers' Club' on Tuesdays and Thursdays from after school until 6.45pm, activities, games, outings and supper; School holidays – outings and activities; Buddy Scheme providing befriending service for 1:1 access to activities; Support Worker providing 1:1 support for children of parents with drug, alcohol and mental health problems.

Ashford Young Carers

Alex Collingwood
 Berwick House, 8 Elwick Road, Ashford, Kent, TN23 1PF
 Tel: 01233 646709

Bromley Young Carers' Project

Andrea Goddard
 28 Chislehurst Road, Orpington, Kent BR6 0DG
 Tel: 01689 877818
 Email: carers@ciss.org.uk

Services Offered After-school clubs, Respite (long- and short-term), Financial Support, Advocacy, Group Work, Mentoring Scheme, One to One keyworker involvement

Eastleigh Young Carers Project

Heidi Kavanagh
 Eastleigh Community Services, ECS House,
 16 Romsey Road, Eastleigh, Hants, SO50 9AL
 Tel: 02380 902465
 Email: hkavanagh@ecs-vol.org

Services Offered One to One Support, Information, Peer Group Support, Advocacy, Counselling, Focused Small Group Meetings

Numerous Publications

Fareham and Gosport Young Carers Project

Alison Cross

KIDS, Delta House, Salterns Lane, Fareham,
Hampshire, PO16 0QS

Tel: 01329 312312

Email: alison@kids-southeast.org.uk

Services Offered Group Work, Family Support, One to One Support, Regular Evaluations of the Project

Publications Monthly Newsletter

Hernebay Young Carers' Project

Chris Jacobs

Beach House, Beach Street, Hernebay, Kent, CT6 5PT

Tel: 01227 743323

Email: youngcarers@businessinkent.net

Services Offered One to One Support, Meetings, Support Group, Respite

Publications Annual Report, Leaflet, Policies

Isle of Wight Young Carers

Heidi Kurowska

1 St John's Place, Newport, Isle of Wight, PO30 1LH

Tel: 01983 521590

Kent Young Carers' Project

Jeremy Browne

Carers First, 192 High Street, Tonbridge, Kent, TN9 1BE

Tel: 01732 357555

Email: info@carersfirst.org.uk

Services Offered Monthly meetings in 3 age groups, One to One Visits, Summer Holidays

Publications Introduction Pack, Newsletter

Medway PRTC Centre

Paula

3 Canterbury Street, Gillingham, Kent, ME7 5TP

Tel: 01634 577340

Mid-Surrey Young Carers' Project

Carol Church

The Old School, Church Approach, Headley,
Surrey, KT18 6LS

Tel: 01372 363618

Services Offered Information and Advice, Group Work, Advocacy, One to One Support, Outings and 'Inter club' activities.

Milton Keynes Carers' Project

Dawn Riddy and Harvey Brown

The David Baxter Centre, 63 North Seventh Street,
Milton Keynes, Bucks, MK9 2DP

Tel: 01908 231703

Description of Project Milton Keynes Carers' Project offers support to all carers, including young carers. The project is funded through Quality Protects.

Aims of Project To identify young carers and their needs

To raise awareness of the needs of young carers, and to work collaboratively with agencies and individuals to provide services to meet those needs

To provide information and support to young carers

Services Offered Family Activities, Group Activities in age range groups, One to One Support

North & West Oxfordshire Young Carers' Project

Jane Pitchfork

The Carers Centre, 27 Horse Fair, Banbury,
Oxon, OX16 0AE

Tel: 01295 264545

Reading Crossroads

Mary Jacobs

14 Norcot Road, Tilehurst, Reading, RG30 6BU

Tel: 0118 945 4209

Email: rcrossroads@btclick.com

Southampton Young Carers

123 St Mary's Road, Southampton, Hants, SO14 0BL
 Tel: 02380 337416
 Email: a.kelly@southamptonvs.org.uk

Services Offered 2 Sibling Groups, 2 Young Carers' Groups, Befriending, One to One Work around specific issues, and a mixed group of siblings and young carers that meets at a secondary school run with the school nurse

South Buckinghamshire Young Carers' Project

Claire Smith
 Oakley Hall, 8 Castle Street, High Wycombe,
 Bucks, HP13 6RF
 Tel: 01494 463536
 Email: info@southbucksscarers.org.uk

Description of Project Established in April 1998, concentrating on work in schools and policy and procedures within local statutory agencies

Services Offered Time Out Club with activities, Befriending, Young Carers' Council, Kit Kat Club, One to One Support, Trips

Publications Reports on Management Seminar Feb 1999, Leaflets, Newsletter

South and Vale Young Carers' Project

Sandra Foster and Michaela Warwick
 5 Lydalls Road, Didcot, Oxon, OX11 7HX
 Tel: 01235 510212
 Email: youngcarers@svcc.fsnet.co.uk

Services Offered Fun Clubs, Days out, One to One Support, Advice, Advocacy

Publications Leaflet, Information for professionals

Surrey

Ms Geraldine Bolam
 PRT Surrey Carers Centre (Action for Carers), Astolat,
 Coniers Way, New Inn Lane, Burpham, GU4 7HL
 Tel: 01483 302748
 Fax: 01483 303958
 Email: actionforcarers@talk21.com

Surrey Young Carers

Vicky Langley
 43 Blackborough Road, Reigate, RH2 7BU
 Tel: 01737 248111
 Email: carersyoung@hotmail.com

Services Offered One to One Support, Advocacy, Information, Activities, Holidays, Newsletter, Pen-pal Scheme, Internet site, Brokerage Fund, After-School groups, Workshops, Support within Schools

Publications Schools Resource Pack, Training Pack for Connexions Staff, A Guide for Professionals, Leaflet

Swale Young Carers

Christine Lovelock
 4 Hope Street, Sheerness, Kent, ME12 1QH
 Tel: 01795 583440
 Email: josie@youngcarers.fsnet.co.uk

Services Offered Support groups including one for young people living with an addict of drugs/alcohol, Respite Breaks, Befriending, Training, Help-line, Advocacy

Publications Information Leaflets and Booklets, Video, Newsletter

West Sussex Social and Caring Services

Emma Maynard
 Bognor Health Centre, West Street,
 Bognor Regis, PO21 1UT
 Tel: 01243 852786
 Email: emma.maynard@westsussex.gov.uk

Services Offered Consultation with young carers, Young carers' workshops every school holiday, some local monthly groups, Short-term advocacy for young carers, Inclusive support for young carers around the county. Advice and guidance for front-line practitioners, Young carers' assessments through social and caring services localities.

Publications Training materials for schools and social workers, Young Carers' Strategy

Thurrock CSV Young Carers' Project

Hazel Daniell

4th Floor Thameside Complex, Orsett Road, Grays,
Thurrock, RM17 5DX

Tel: 01375 396074

Email: hdaniell@csv.org.uk

Services Offered Befriending, Young Carers' Club

West Berkshire Young Carers' Project

Nicola Maskell

14:21 Time to Talk, Suite 9, Town Hall, Newbury,
Berks, RG14 5AA

Tel: 01635 581421

Winchester Young Carers' Project

Daniel Phelps

The Winchester Centre, 68 St George's Street,
Winchester, Hants, SO24 8AH

Tel: 01962 848039

Email: ycarers@tiscali.co.uk

Website: www.winchesteryoungcarers.org.uk

Wokingham District Young Carer's Project (A Princess Royal Trust for Carers Project)

Janet Brown

Princess Royal Trust Carers Centre, 6 Cross Street,
Reading, RG1 1SN

Tel: 0118 950 5177

Email: devreading@carers.i-way.co.uk

Services Offered Home Visits, Counselling,
Information and Advice

Publications Leaflets

South-West England

Bournemouth Wel-Care

Pat Harvey

East Lodge, 80 Gloucester Road, Boscombe,
Bournemouth, BH7 6JB

Tel: 01202 302595

Services Offered Support Group for Parents with
disabilities ('Parents of Children who Care'), Activities
for the whole family

Bournemouth Social Services Young Carers

Sarah Norris

246 Kinson Road, West Howe, Bournemouth, Dorset

Tel: 01202 513146

Bristol Young Carers

Lin Thatcher

PRTC Centre, Vassall Centre, Gill Avenue, Fishponds,
Bristol, Gloucestershire, BS16 2QQ

Tel: 0117 939 2562

Email: lint@carers.demon.co.uk

Dhek Bhal

Zehra Haq

43 Dulcie Road, Barton Hill, Bristol, BS5 0AX

Tel: 0117 955 6971

Cornwall Young Carers' Project

Dawn Maddern

Social Economy Unit, 14 Chapel Street,
Camborne, TR14 8ED

Tel: 01209 614955

Email: cornwall_ycp@hotmail.com

Description of Project Project funded by Health
Action Zone, covers the whole of Cornwall and takes a
multi-agency approach to working with young carers.

Devon Social Services

Helen Isaac

Pheonix Lane, Tiverton, Devon, EX16 6LB

Tel: 01392 384108

Dorset Social Services

Mary Walsh
32 Jumpers Road, Christchurch, Dorset, BH23 2JT
Tel: 01202 474106
Email: mwalsh@dorset-cc.gov.uk

Aims of Project To re-establish links with young carers where support has lapsed.

To target other agencies and raise awareness.
To develop a database to enable information-sharing regarding services.

Multi-Agency Development Group

Services Offered Regular Group Support and Activities

Publications Information Pack, Leaflets

East Devon Child Care Team

Mel Argent
St Saviours, Exeter Road, Ottery St Mary,
Devon, EX11 1RE
Tel: 01392 385980
Email: margent@devon.gov.uk

Description of Project Multi-agency work to raise awareness

Services Offered Support Group, Befriending Scheme, Occasional Respite Activities

Publications Leaflets, Young Carers Resource Pack, Policy Document

Gloucestershire Young Carers' Project

Eleanor Semadeni (Project Worker)
Community House 15 College Green,
Gloucester, GL1 2LZ
Tel: 01452 309399
Email: mail@glosyoungcarers.org.uk
Website: www.glosyoungcarers.org.uk

Services Offered Advice, Awareness-raising, Input into local policy, young carers groups throughout the county, Youth and Community Service support in running young carer groups, Trips and Residential, and they will shortly be employing a Mental Health worker to develop services for young people caring for a relative with a mental health problem.

Keynsham Young Carers' Service

Siobhan Goodwin
Milward House, 1 Bristol Road, Keynsham, Bristol,
Gloucestershire, BF31 2BA
Tel: 0117 986 0691
Email: kotr@freenetname.co.uk

North Devon Carewise

Mabel Arnill
14 Bridgeland Street, Bideford, Devon, EX39 2QE
Tel: 01237 424477
Email: mabel.cw@care4free.net

Plymouth Carers' Service

Clare Bullimore
40 Looe Street, Plymouth, PL4 0EB
Tel: 01752 204374
Email: plymouthcarers@hotmail.com

Services Offered Information and Advice, Group Work, Advocacy, One to One Support

Borough of Poole, Children and Families Unit

Estelle Barr
14a Commercial Road, Parkstone, Poole, BH14 0JW
Tel: 01202 714631
Email: e.barr@Poole.gov.uk

NCH Somerset Young Carers' Project

Tessa Weir-Jeffery
The Community House, 110 Roman Road, Taunton,
Somerset, TA1 2BL
Tel: 01823 353585
Email: swsyc@mail.nch.org.uk

Description of Project Identifying and providing support to young carers, promoting recognition of their needs and achievements.

Awareness-raising and consultation about the needs and assessment of young carers.
NCH working alongside Social Services and County Youth Service staff and volunteers.

Services Offered Groups, individual support, information & advice
Training/constancy for agencies/professionals

Publications '13 Going on 30' (video produced by young carers in the county to promote awareness), Leaflets, Articles, Project Evaluation (June 2000)

North Somerset Crossroads Young Carers' Project

Jo Heywood (Project Manager)
1 Graham Road, Weston-super-Mare,
North Somerset, BS23 1YA
Tel: 01934 411854
Email: carerscentre@pipemedia.co.uk

Services Offered Individual Support, Information and Advice, Group Work, Pen Pal Scheme, Counselling, Family Trips, Raising Awareness, Activities

Publications Information Pack for young people who are carers

South Gloucestershire Young Carers (A Princess Royal Trust for Carers Project)

Jo Holburn
PRTC Centre, Vassall Centre, Gill Avenue, Fishponds,
Bristol, BS16 2QQ
Tel: 0117 939 2562
Email: joh@carers.demon.co.uk

Swindon

Caroline Arnell
PRT Swindon Carers Centre, 25 Morley Street, Swindon,
Wiltshire, SN1 1SG
Tel: 01793 531133
Fax: 01793 533530
Email: focus0@breathemail.net

Swindon Young Carers

Kathryn Fare
Swindon Borough Council, Area Base Central, Euclid
Street, Swindon, Wiltshire, SN1 2SG
Tel: 01793 466546

Tavistock Youthwise Young Carers

Steve Shill
Pixon Lane, Tavistock, Devon, PL19 8DH
Tel: 01822 612555
Email: steve@dya.org.uk

Description of Project Part of Devon Youth Association, covers the whole of West Devon and South Hants.

Services Offered Weekly Support Groups, One to One Support, Advocacy, Training, Activities, Time Out

Publications Young Carers' Resource Pack, Resource Pack for Professionals, Quarterly Newsletter, Website, Leaflets

Torbay Young Carers' Project

Teresa Mikalauskas
Parkfield House, 38 Esplanade Road, Paington,
Devon, TQ3 2NH
Tel: 01803 402754

Wiltshire Young Carers

Alison Perry
Youth Action Wiltshire, Unit 3, Bath Road Business Centre,
Devizes, Wilts, SN10 1XA
Tel: 01380 720671
Email: alison@youthactionwiltshire.co.uk

Services Offered Groups and Activities

Publications Policy and Strategy

Scotland

Aberdeen Young Carers' Project

Jenny Slater
VSA Carers' Centre, 24–28 Belmont Street,
Aberdeen, AB10 1JH
Tel: 01224 625009
Email: info@aberdeen.carers.net
Website: www.care-aberdeen.org.uk

Description of Project A Princess Royal Trust for Carers project established in Jan 1999 and funded by Aberdeen City Council.

Aims To provide support, advice, information, training and counselling
To raise awareness in statutory and voluntary organisations of the needs of young carers

To provide young carers with the opportunity to meet others who are in similar circumstances

Services Offered Homework Clubs, Training Workshops such as first aid, stress busting, dealing with bullying, confidence building, Trampolining club, Arts and Crafts club, Under-5s siblings' and parents' group for brothers and sisters of children with disabilities, Young Carers' Library within Carers' Centre, Holiday Activities, Outings and Groups

Publications Young Carers' Information Pack

Angus Carers

Shirley Ramsay, Young Carers Worker
PRT Angus Carers' Centre, 60 High Street, Arbroath, Angus, DD11 1AW
Tel: 01241 439157
Fax: 01241 876903
Email: anguscare@carers-connect.org.uk

PRTC Borders Young Carers' Project

PRT Borders Carers' Centre, Suite 1, Roxburgh Court, Roxburgh Street, Galashiels, TD1 1NT
Tel: 01869 752431
Fax: 01896 756526
Email: centre@borders.carers.net

The Caring Crew

PRT Fife Carers' Centre, 136 Commercial Street, Kirkcaldy, Fife
Tel: 01592 642999
Email: centre@life.carers.net

Dixon Young Carers

PRT Dixon Community Carers' Centre, 656 Cathcart Road, Glasgow, G42 8AA
Tel: 0141 423 0728
Fax: 0141 423 5361

Dundee Young Carers' Partnership

Lyn Stevens
Nethergate Business Centre, Floor 1 North Suite, 35 Yeaman Shore, Dundee, DD1 4BU
Tel: 01382 224324
Email: enquiries@youngcarers.co.uk
Website: www.youngcarers.co.uk

Services Offered Information and Advice, Group Work, One to One Support, Advocacy, Young Carers' Forum, Young Carers' Assessments, Befriending, On-line Forum, Resource Library

Publications School Work Pack, Training Packs, Good Practice Guidelines, Training Video, Resource Pack

East Ayrshire Princess Royal Trust Carers' Centre

Anne-Marie Sim
East Ayrshire Carers' Centre, 49 The Foregate, Kilmarnock, KA1 1LU
Tel: 01563 571533

Description of Project A PRTC project with over 150 registered young carers

Services Offered Information and Advice, Advocacy, Group Work, One to One Support, Drop-in Facility, Residential Breaks

Publications Information Leaflets, Good Practice Guide

Carers of East Lothian Young Carers' Project

149 North High Street, Musselburgh, EH21 6AN
Tel: 0131 665 0135
Fax: 0131 666 0139
Email: centre@lothian.carers.net

East Renfrewshire Young Carers' Project

Alison Colville
Barrhead Resource Centre, Carlibar Community Centre, Carlibar Road, Barrhead, Glasgow, G78 1BD
Tel: 0141 560 5055
Email: eastren@carers.net

Aims of Project To pilot an awareness campaign in schools, to develop information packages for young carers

Services Offered One to One Support, Advocacy, Information and Advice, Community School Pilot

Services in Development Group Support, Sibling Support Group, Website, Publicity Materials, Information Packages

(East Sutherland)

Sutherland Young Carers' Project

Crossroads (East Sutherland) Care Attendant Scheme,
Duke Street, Golspie, Sutherland, KW10 6SE

Edinburgh Young Carers' Project

Ella Simpson
57 Albion Road, Edinburgh, EH7 5QY
Tel: 0131 475 2322
Email: eycp@carers.net

Services Offered One to One Work, Range of Group Activities and Focus Groups, Advocacy, Befriending

Publications A number of policies on various subjects

Falkirk & Clackmannan Young Carers' Project

PRTC Falkirk & Clackmannan Carers Centre,
5 Newmarket Street, Falkirk
Tel: 01324 611510
Fax: 01324 622022

Glasgow North East Carers' Development Unit

Elaine Connelly
Trondra Place, Easterhouse, Glasgow, G34 9AX
Tel: 0141 781 0728
Email: ecd@hotmail.com

Services Offered Befriending Scheme, One to One Support, Advocacy, Leisure Opportunities, Group Work

Publications Information Pack

Glasgow Riverside Young Carers

Glasgow Association for Mental Health,
Shaftesbury House, 5 Waterloo Street, Glasgow
Tel: 0141 204 2270
Fax: 0141 204 2773

Glasgow South East Carers Network

Mary Crocker
c/o Fair Deal for 1 in 100, 6 Ardenraig Street,
Glasgow, G45 0ER
Tel: 0141 533 2013
Email: GSECarers@aol.com

Description of Project In the process of establishing a young carers' support scheme, currently raising awareness

Glasgow Young Carers' Network

c/o Housing Department, 17 Stewart Street, Milngavie,
Glasgow, G62 6BW
Tel: 0771 271 2163 or 0141 570 2505

Greater Pollok Young Carers' Project

PRT Greater Pollok Carers Centre, 130 Langton Road,
Glasgow, G53 5DP
Tel: 0141 882 4712
Fax: 0141 882 6876
Email: pollok@carers.net

Krazy Karers

PRT Glasgow East End Community Carers Centre,
1061/1063 Tollcross Road, Glasgow, G32 8UQ
Tel: 0141 764 0550
Fax: 0141 764 0012

Shakespeare St Young Carers – c/o Glasgow North West Carers' Project

Viv Paterson
(Social Work Services), 29 Shakespeare Street, Maryhill,
Glasgow, G20 8TH
Tel: 0141 946 5612
Email: viv.paterson@sw.glasgow.gov.uk

Services Offered Information and Advice, Emotional Support, Short Breaks, Benefit Checks for the family, Training

South Ayrshire Young Carers' Club

PRT South Ayrshire Carers Centre, 78 Kyle Street,
Ayr, KA7 1RZ
Tel: 01292 263000
Fax: 01292 618482

South Glasgow Carers' Centre – Princess Royal Trust for Carers

Julie Young
The Dixon Community, 656 Cathcart Road, Govanhill,
Glasgow, G42 8AA
Tel: 0141 423 0728
Email: centre@dixon.carers.net

Services Offered Information and Advice, Carers Groups, One to One Support, Advocacy, Income Maximisation, Short Breaks

Highland Community Care Forum

PRT Carers Project, Highland House, 20 Longman Road,
Inverness, IV1 1RY
Tel: 01463 718817

Irvine Young Carers' Initiative

Claire Jarman
174 High Street, Irvine, KA12 8AN
Tel: 01294 311333

Aim of Project To identify hidden young carers

Services Offered Homework Clubs, Drop-in, Group and Individual Activities, Advocacy

Publications Teacher Training Information, Annual Report, Newsletter, Website

Take a Break (Levenmouth) Young Carers' Group

28 Hendry Road, Kirkcaldy, Fife
Tel: 01333 592200

Moray Young Carers

Fiona Gill
227 High Street, Elgin
Tel: 01343 540990
Email: moray@carers.net

Description of Project A Princess Royal Trust for Carers project covering the whole of Moray, with approx. 150 young carers on the register.

Services Offered Monthly Group Meetings, Regular Activities, One to One Support, Counselling, Advocacy, Access to Information, Residential Breaks, Transport to Meetings

Publications Project Brochure, Leaflet, Information Pack

North Ayrshire Young Carers' Group

PRT North Ayrshire Carers Centre, 174 High Street,
Irvine, KA12 8AW
Tel: 01294 311333
Fax: 01294 311555

North Argyll Carers' Centre

Ruth Smith
Albany Street, Oban, PA34 4AL
Tel: 01631 564422
Email: nargyll@carers.net

Services Offered Group Meetings, Activities

North Lanarkshire NCH Young Carers' Project

Allison Smith
Town Hall Business Centre, 1-11 High Road, Motherwell,
North Lanarkshire, ML1 3HU
Tel: 01698 258801

Perth and Kinross PRTC Young Carers' Project

Louise Kyles
The Gateway, North Methuen Street, Perth, PH1 5PP
Tel: 01738 567076
Email: lkyles@pkavs.org.uk

Services Offered One to One Support, Group Support, Evening Activities, Advocacy, Events during school holidays, Information, Residentials

Publications Leaflets, Newsletter

Renfrewshire Young Carers

Julie Court
16 Selic Street, Paisley, Scotland, PA1 1HG
Tel: 0141 887 3643

Skye and Lochalsh Young Carers Project

Marjory M Jagger
Office 1, Bank of Scotland House, Somerland Square,
Portree, Isle of Skye, IV51 9EH
Tel: 01478 613361
Email: mjagger@slccf.fsnet.co.uk

Aims of Project To build the confidence of young carers, and combat isolation
To develop communication networks
To raise awareness of issues surrounding young carers
Promote safe practice through skill development

Publications Policies, Reports, Young Carers Pack

South Lanarkshire Young Carers

4th Floor, Brandon Gate, 1 Leechlee Road,
Hamilton, ML3 0XB
Tel: 01698 455455
Fax: 01698 282514
Email: johnfleming@southlanarkshire.gov.uk

PRTC Stirling Carers' Centre

Ilone Kirk
65/69 Barriton Street, Stirling, FK8 1HH
Tel: 01786 447003
Email: centre@stirling.carers.net

West Lothian Young Carers' Partnership

Youth Strategy Team Offices, 25 North Bridge Street,
Bathgate
Tel: 01506 776929

Wales

Bangor

Ms Gwenan Job
PRT Bangor Carers Centre,
Carers Outreach Service – NW Wales, 60 Fford Deiniol,
Bangor, LL57 1AA
Tel: 01248 370797
Fax: 01248 371302
Email: help@carersoutreachservice.freeseve.co.uk

Timeout Young Carers, Bargoed

Sarah James
YMCA, Aeron Place, Gilfach, Bargoed, CF81 8JA
Tel: 01443 831116 / 875862

Services Offered Group Work, Drop-in Facilities

Blaenau Gwent Young Carers' Project

Rosalin Williams
GAVO, 3 Church Street, Ebbwvale,
Blaenau Gwent, NP23 6BE
Tel: 01495 306602
Email: ros.williams@gavowales.org.uk

Brecknock

Ms Rebekah Morley-Jones
PRT Brecknock Carers Centre, 3 Wheat Street, Brecon,
Powys, LD3 7DG
Tel: 01874 624447
Fax: 01874 622822
Email: breconcc@powys.org.uk

Bridgend

Ms Doris Dallimore
PRT Bridgend Carers Centre, 71 Nolton Street, Bridgend,
Mid-Glamorgan, CF31 3AE
Tel: 01656 658479
Fax: 01656 659498
Email: bridgend.carers@virgin.net

Camarthenshire Young Carers

Mags Williams
33 Thomas Street, Llanelli, Camarthenshire, SA15 3JE
Tel: 01554 775232
Email: margaret.williams@barnardos.org.uk

Services Offered Information and Advice, Advocacy,
One to One Support

Chill-out Project (formerly East Caerphilly Young Carers)

Caryl Tyler
59 Commercial Street, Risca, NP11 6AW
Tel: 01633 612712
Email: caryl.tyler@barnardos.org.uk

Services Offered Information and Advice, Group
Work/activities, One to One Support, Advocacy

Conwy

Ms Mary Trinder
PRT Conwy Carers Centre,
Carers Outreach Service – NW Wales, 32 Sea View Road,
Colwyn, Conwy, LL29 8DG
Tel: 01492 533714
Fax: 01492 535335
Email: mary.trinder@btclick.com

NCH Conwy Young Carers

Kath Price
 Ty Eluned, Towyn Road, Abergele, LL22 9AB
 Tel: 01745 822228
 Email: waccafcrc@mail.nch.org.uk

Services Offered Information and Advice, Group Work, One to One Support, Advocacy

Cynon Valley Young Carers

Maria Kowalski
 Mountain Ash YMCA, Duffryn Road, Mountain Ash, Rhondda Cynon Taff, CF45 4DA
 Tel: 01443 476777

Denbighshire Young Carers

Jane Hillary
 Glan y Mor Family Centre, 36 Sandringham Avenue, Rhyl, Denbighshire, LL18 1NG
 Tel: 01745 350555

Services Offered Work in schools with PHSE

Publications Information Packs for Health and Education

NCH Cymru, Gwynedd Young Carers' Project

Glenys Campbell
 24–26 High Street, Caernarfon, Gwynedd, LL55 1RH
 Tel: 01286 674953
 Email: wagyc@mail.nch.org.uk

Services Offered Group Work, One to One Support, Respite, Holiday Activities

Publications Information Leaflet

Holyhead

Ms Cathrin Jones
 PRT Holyhead Carers Centre,
 Carers Outreach Service – NW Wales, Unit 9,
 Holyhead Ent. Centre, Kingsland, Holyhead, LL65 2HY
 Tel: 01407 769505
 Fax: 01407 769525
 Email: holyhead.carers@dial.pipex.com

Montgomeryshire Young Carers' Project

JE Keay
 Carers Centre, 7 Market Street, Newtown,
 Powys, SY16 2PQ
 Tel: 01686 430304

Pembrokeshire

Mr David Gregory
 PRT Pembrokeshire Carers Centre, Meyler House,
 St Thomas' Green, Haverfordwest, SA61 1QP
 Tel: 01437 767 762
 Fax: 01437 767 762
 Email: carers.pembs@virgin.net

Porthmadog

Ms Gwyneth Roberts
 PRT Porthmadog Carers Centre,
 Carers Outreach Service – NW Wales, St David's Building,
 Lombard Street, Porthmadog, LL49 9AP
 Tel: 01766 513975
 Fax: 01766 515335
 Email: office@porthmadog-carers.freemove.co.uk

Powys Young Carers

Sue Hitch
 Carers Centre, 3 Wheat Street, Brecon, Powys, LD3 7DG
 Tel: 07974 968627

Services Offered Information and Advice, Group Work, Advocacy, One to One Support

Radnorshire & North Brecknock

Ms Helen Anderson
 PRT Radnorshire & North Brecknock Carers Project,
 Lyndhurst House, Temple Street, Llandrindod Wells,
 Powys, LD1 5DP
 Tel: 01597 823332
 Fax: 01597 829202
 Email: helen@radnorcarers.fsnet.co.uk

Swansea

Ms Marjorie Wilson
PRT Swansea Carers Centre, 104 Mansel Street,
Swansea, SA1 5UE
Tel: 01792 653344
Fax: 01792 648612
Email: marjorie.wilson@swansecarerscentre.org.uk

Rhondda & Taff Ely Young Carers

Rachel Wickett
293 Brithweunydd Road, Trealaw, Tonypanyd,
Rhondda Cynon Taff, CF40 2NZ
Tel: 01443 433079
Email: warteyc@mail.nch.org.uk

Services Offered 3 age appropriate support groups, Activities, One to One Support, Advocacy, Raising Awareness, PHSE lessons in schools

Swansea Neath Port Talbot Crossroads Young Carers Project

Catherine Bowen
Norten Lodge, Norton Avenue, Norten, Swansea, SA3 5TP
Tel: 01792 405446
Email: general_crossroads@hotmail.com

Services Offered Information and Support, Respite Care, Practical Support within the home and social activities

Publications Project Leaflet

NCH Cymru, Ynys Mon Young Carers' Project

Glenys Campbell
Israig, Lon Newydd, Llangefni, Ynys Mon, LL77 7PT
Tel: 01248 750933
Email: waymyc@mail.nch.org.uk

Services Offered Information and Advice, Group Work, One to One Support, Advocacy, Respite Activities

Publications Information Leaflet

Isle of Man

Isle of Man Caring about Carers

David Gawne
Hillary House, Prosbelt Hill, Douglas, Isle of Man, IM1 1EQ
Tel: 07624 461247
Email: david.gawn@socialservices.dhss.gov.im

Northern Ireland

Ballymena Barnardo's Young Carers' Scheme

Tony McGurk
Ballymena Children's Centre, 2A-F Rona Gardens,
Ballykeel II, Ballymena, N Ireland, BT42 4DU
Tel: 028 2564 8809

Description of Project Established in June 1996 and funded by Northern Health and Social Services Board. Designed to cater for Young Carers and their families, taking a 'whole-family' approach.

Services Offered Advocacy, Counselling, Recreational Activities Scheme, Information Provision

Publications Research by University of Ulster, Annual Reports

Belfast

Mr Richard Devlin
PRT Belfast Carers Centre, Suites 2-5, Second Floor,
Merrion Business Centre, 58 Howard Street,
Belfast, BT1 6TJ
Tel: 028 9043 4700
Fax: 028 9024 9999
Email: info@carerscentre.org

Newry & Mourne Young Carers' Project

Kathleen Murphy
Ballybot House, 28 Cornmarket, Newry,
County Down, BT35 8BG
Tel: 028 3026 7015

**Other
Organisations –
Contact Details**

Other Organisations – Contact Details

This section gives details of organisations that may be useful to you in your work.

It is divided into:

- Organisations (listed alphabetically);
- Government departments and organisations;
- Funding;
- Organisations providing training and/or resources for training.

Organisations

ADDISS (Attention Deficit Disorder Information and Support Service)

PO Box 340

Edgware

Middlesex HA8 9HL

Tel: 020 8906 9068

Email: info@addiss.co.uk

Website: www.addiss.co.uk/

ADFAM

ADFAM National

Waterbridge House

32–36 Loman Street

London SE1 0EE

Tel: 020 7928 8898

Helpline: 020 7928 8900

ADFAM's overall objective is to increase awareness and help alleviate problems faced by families experiencing problems with drugs and alcohol.

Advocacy & Representation Services for Children

Canterbury House

1–3 Greengate

Salford

Manchester M36 NN

Afiya Trust

(Member of the Young Carers Initiative Reference Group)

27/29 Vauxhall Grove

London SW8 1SY

Tel: 020 7582 0400

Hosts and services the National Black Carers Workers Network (NBCWN).

The Trust is a voluntary organisation that is concerned to remove the disadvantage in health care services experienced by visible minorities.

Three vital projects are currently being undertaken under the umbrella of the Trust: the NBCWN leadership programme, 'Speaking up' project, and the Cancer Equality Carers' Project.

African Caribbean Mental Health Association

35–37 Electric Avenue

Brixton

London SW9 8JP

Tel: 020 7737 3603

Alateen

AL-ANON Family Groups UK and Eire
61 Great Dover Street
London SE1 4YF
Tel: 020 7403 0888
Website: www.hexnet.co.uk/alanon.info.html

Offers support and understanding if a relative's drinking is causing concern.

Allergy UK

Deepdene House
30 Bellegrove Road
Welling
Kent DA16 3PY
Tel: 020 8303 8525
Fax: 020 8303 8583
Email: info@allergyuk.org
Telephone Helpline: 020 8303 8583 (9am to 9pm
Monday to Friday, 10am to 1pm Weekends)

Alzheimers Disease Society

Gordon House
10 Green Coat Place
London
Tel: 020 7306 0606
Email: Info@alzheimers.org.uk

Arthritis Care

18 Stephenson Way
London NW1 2HD
Tel: 020 7380 6500

Asian People with Disabilities Alliance

The Old Refectory
Central Middlesex Hospital
Acton Lane
Park Royal
London NW10 7NS
Tel: 020 8961 6773

Barnardo's

(member of the Young Carers Initiative Reference Group)
Tanners Lane
Barkingside
Ilford
Essex IG6 1QG
Tel: 020 8550 8822
Website: www.barnardos.org.uk

Barnardo's works with young carers and their families and aims to relieve young people from caring duties wherever possible, protect them from the potential damage caused by long-term caring and ensure that families are supported as a whole so that they can stay together.

Barnardo's runs services in 13 parts of the UK, supporting more than 300 young people and their families each year. All the work is located in areas of poverty and deprivation, where the needs of families are particularly acute and many are reliant on benefits and social welfare services to live independently.

British Council of Disabled People

Litchurch Plaza
Litchurch Lane
Derby DE24 8AA
Tel: 01332 295551
Website: www.bcodp.org.uk

The British Council of Disabled People (BCODP) was set up by disabled people in 1981 to promote full equality and participation within society. It is an umbrella organisation that represents some 130+ organisations run by disabled people and has information on Disability Bills, etc.

British Red Cross

National Headquarters
9 Grosvenor Crescent
London SW1X 7EJ
Website: www.redcross.org.uk

Currently piloting support for young carers linked with providing domiciliary care in the home.

Cancerlink

11–21 Northdown Street
 London N1 9BN
 Helpline: 0808 808 2020
 Website: www.cancerlink.org

Carers UK

Ruth Pitter House
 20/25 Glasshouse Yard
 London EC1A 4JT
 Tel: 020 7490 8818
 Email: info@ukcarers.org
 Website: www.carersonline.org.uk

Carers UK has developed the following initiatives for children and young people who have caring responsibilities (funded by the Carlton Trust).

Alliance of key voluntary and research organisations, which will:

- assess and review the spectrum of responses to young people who have caring responsibilities from the voluntary and statutory sectors;
- evaluate many of the complex issues around work in this area;
- commission research;
- make policy recommendations to the DfES, DoH and NHS etc., which will have a lasting impact on families.

Advocacy Carers London Advice and Representation Unit (CLARU) has extended its service to young people who have caring responsibilities and their families and liaises with young carers' projects throughout London, via London Young Carers Workers Network meetings. CLARU is able to accept referrals for cases (in London) that need expert support and legal advice to resolve. They can be contacted on 020 7566 7848 or carerslondon@ukcarers.org

Carers Scotland

91 Mitchell Street
 Glasgow G1 3LN
 Tel: 0141 221 9141
 Carersline: 0808 808 7777
 Email: information@carerscotland.org

Carers Wales

Ynysbridge Court
 Gwaelod-y-Garth
 Cardiff CF15 9SS
 Tel: 029 2081 1370

Carers Northern Ireland

11 Lower Crescent
 Belfast BT7 1NR
 Tel: 02890 439 843

Child Bereavement Trust

Aston House
 High Street
 West Wycombe
 High Wycombe
 Bucks HP14 3AG
 Tel: 01494 446648
 Confidential helpline for professionals and bereaved families: 0845 3577 1000
 Email: enquiries@childbereavement.org.uk
 Website: www.childbereavement.org.uk

The Child Bereavement Trust is a charity offering training and support to professional care-givers and bereaved families.

Child Brain Injury Trust

The Radcliffe Infirmary
 Woodstock Road
 Oxford OX2 6HE
 Tel: 01865 552467
 Website: www.cbituk.org

Childline

Tel: 0800 1111
 Website: www.childline.org.uk

The Children's Society

Edward Rudolf House
 Margery Street
 London WC1X 0JL
 Tel: 020 7841 4400
 Website: www.childrensociety.org.uk

Young Carers Initiative

The Children's Society
Youngs Yard
Finches Lane
Twyford
Nr Winchester SO21 1NN
Tel: 01962 711511
Fax: 01962 711512
Website: www.childrenssociety.org.uk/youngcarers

Commission for Racial Equality

Elliot House
10–12 Allington Street
London SW1E 5EH
Tel: 020 7939 0000

Contact a Family (Siblings and special needs)

209–211 City Road
London EC1V 1JN
Tel: 020 7608 8700
Helpline: 0808 808 3555
Email: info@cafamily.org.uk
Website: www.cafamily.org.uk

Crossroads Caring for Carers

(member of the Young Carers Initiative Reference Group)
10 Regent Place
Rugby
Warwickshire CV21 2PN
Tel: 01788 573653
Email: association.office@crossroads.org.uk
Website: www.crossroads.org.uk

Crossroads Caring for Carers is a National Charitable Organisation, established in 1974, with over 200 services within England and Wales. Sister organisations in Scotland and Northern Ireland are also operational. Support is currently offered to over 30,000 carers.

Crossroads Caring for Carers offers support and practical help to carers of all ages, and provides an extensive range of services to young carers. Such services include: One-to-one support, Group Support, Social Activity Groups, Homework Clubs, Outdoor Pursuits weekends, Residential Activities, Internet

Cafes, Training Courses for Young Carers and Issue Groups which examine pertinent issues such as anger management and bullying. Bereavement services are offered in some areas around our geographical coverage.

Crossroads Caring for Carers has a Children's Advisory Group which influences and formulates policy and practice guidelines, with representation of young carers' views in meeting service demands and developing new and innovative services across the country.

Cruse Bereavement Care

Cruse House
126 Sheen Road
Richmond
Surrey TW9 1UR
Tel: 020 8940 4818
Helpline: 0870 167 1677
Email: info@crusebereavementcare.org.uk
Website: www.crusebereavementcare.org.uk

DEP (Development Education Project)

c/o Manchester Metropolitan University
801 Wilmslow Road
Manchester M20 2QR
Tel: 0161 445 2495
Website: www.dep.org.uk

The DEP are involved in work in the following areas:

Schools work with teachers to raise the awareness of global issues in and through the National Curriculum, by providing support, resources, information, project work, best practice frameworks and training.

INSET sessions for teachers in areas such as PHSE, Citizenship, environmental issues, through schools, teacher training organisations and LEAs.

Networking – By participating in regional and national projects and policy making, organising conferences and producing publications.

Resource centre – A bookshop containing over 200 classroom and teacher resources on global education themes such as citizenship, sustainable development, world faiths, cultural diversity and much more.

Depression Alliance

35 Westminster Bridge Road
 London SE1 7JB
 Tel: 020 7633 9929
 Website: www.depressionalliance.org

Disabled Parents Network

(member of the Young Carers Initiative Reference Group)
 PO Box 5876
 Towcester NN12 7ZN
 Telephone help line: 0870 241 0450
 Website: www.disabledparentsnetwork.org.uk

DPN (registered charity) is a national pan disability organisation of disabled people who are parents, or who hope to become parents.

Aims are to provide information, support and advice and to bring about change, which will enable disabled parents to take part in society on an equal basis with non-disabled parents.

DPN has a Disabled Support Worker who provides information, advocacy and ongoing support to disabled parents – by speaking to social workers, solicitors, visiting families and supporting them during case conferences or assessments of need.

Eating Disorders Association

103 Prince of Wales Road
 Norwich NR1 1DW
 Tel: 01603 664915
 Helplines: Adults: 0845 634 1414
 Young People: 0845 634 7650
 Email: info@edauk.com
 Website: www.edauk.com

Epilepsy Action

New Anstey House
 Gate Way Drive
 Yeadon
 Leeds LS19 7XY
 Tel: 0113 210 8800
 Website: www.epilepsy.org.uk

Ethnic Minority Resource Centre

5 Westminster Bridge Road
 London SE1 7XW
 Tel: 020 7928 0095

Family Rights Group

The Print House
 18 Ashwin Street
 London E8 3DL
 Tel: 020 7923 2628
 Advice line: 0800 731 1696 (1.30–3.30pm, Mon.–Fri.)
 Website: www.frg.org.uk

The Family Rights Group provides advice and support for families whose children are involved with social services, and works to improve the services received by those families.

Forum for Rural Children and Young People

8 Wakley Street
 London EC1V 7QE
 Website: www.ncb.org.uk/rural

The Forum for Rural Children and Young People is an umbrella body for national organisations interested in improving outcomes for children and young people in rural England.

HARP

Website: www.harpweb.org.uk

A web resource for health professionals and volunteers working with asylum seekers and refugees.

Headway – the brain injury association

Tel: 0115 924 0800
 Email: information@headway.org.uk

Headway's aims are to promote understanding of all aspects of head injury and to provide information, support and services to people who have suffered a head injury, their family and carers.

Hiquality

Website: www.hiquality.org.uk

Advice on finding, and creating, high quality health information.

Institute of Race Relations

2–6 Leeke Street
London WC1X
Tel: 020 7837 0041

Jessica Kingsley Publishers

116 Pentonville Road
London N1 9JB
Tel: 020 7833 2307

Source of many useful books for social workers, parents, teachers, etc.

Joseph Rowntree Foundation

The Homestead
40 Water End
York YO30 6WP
Tel: 01904 629241
Website: www.jrf.org.uk

The Joseph Rowntree Foundation is one of the largest independent social policy research and development charities in the UK. It supports a wide programme of research and development projects in housing, social care and social policy.

Kidscape

2 Grosvenor Gardens
London SW1W 0DH
Tel: 020 7730 3300
Fax: 020 7730 7081
Helpline for parents of a child being bullied:
08451 205 204
Website: www.kidscape.org.uk

Offers advice and training on preventing bullying.

The King's Fund

11–13 Cavendish Square
London W1G 0AN
Tel: 020 7307 2400

The King's Fund is an independent health care charity that works to improve the health of Londoners by making change happen in health and social care.

Lifeline Publications

101–103 Oldham Street
Manchester M4 1LW

London Interpreting Project (LIP)

20 Compton Terrace
London N1 2UN
Tel: 020 7359 6798

Manic Depression Fellowship

Castle Works
21 St George's Road
London SE1 6ES
Tel: 020 7793 2600
Email: Mdf@mdf.org.uk

Mencap

123 Golden Lane
London EC1Y 0RT
Tel: 020 7454 0454
Fax: 020 7696 5540
Email: information@mencap.org.uk
Website: www.mencap.org.uk

Mental Health Foundation

20–21 Cornwall Terrace
Regents Park
London NW1 4QL
Tel: 020 7802 0316
Website: www.mentalhealth.org.uk

Mind

15–19 Broadway
London E15 4BQ
Tel: 020 8519 2122
Email: Contact@mind.org.uk

MindOut for Mental Health

Website: www.mindout.net

Information about mental health for employers, those who work with young people and those with mental health problems.

Motor Neurone Association

PO Box 246
Northampton
Northamptonshire NN1 2PR
Tel: 01604 250505

Multiple Sclerosis Society

MS National Centre
372 Edgware Road
Staples Corner
London NW2 6ND
Tel: 020 8438 0700
Website: www.mssociety.org.uk

The Multiple Sclerosis Society has a 'Grants for ambition fulfilment of Young Carers' grants team.

National Autistic Society

276 Willesden Lane
London NW2 5RB
Tel: 020 8451 1114
Email: nas@nas.org.uk
Website: www.nas.org.uk

National Black Community Care Forum

High Holborn House
49–51 Bedford Row
London WC1V 6DJ
Tel: 020 7430 0811

National Children's Bureau (NCB)

National Children's Bureau
8 Wakley Street
London EC1V 7QE
Tel: 020 7843 6000
Website: www.ncb.org.uk

NCB promotes the interests and well-being of all children and young people across every aspect of their lives. It advocates the participation of children and young people in all matters affecting them and challenges disadvantage in childhood.

National Council for One Parent Families

255 Kentish Town Road
London NW5 2LX
Tel: 020 7267 1361

National Development Team

Albion Wharf
Albion Street
Manchester M1 5LN
Tel: 0161 228 7055
Website: www.ndt.org.uk

National Development Team is a small 'not for profit' organisation. The central theme is to enable disabled people (especially learning disabled people) to have rights, choice, opportunity, dignity and respect. The work helps disabled children, young people and adults to change the services that directly affect their lives. Their work has impact at three levels:

- the disabled child or young person – helping lives change for the better;
- the organisation – challenging systems and services to be responsive;
- the policies – persuading the political and policy context to take steps to deal effectively with all aspects of disability discrimination.

The key methods for achieving change are person-centred approaches, and working with organisations and communities. This includes young carers. NDT aims to develop the skills and confidence of disabled children and young people and families, so that they can become trainers and mentors.

National Health Service Ethnic Health Unit

7 Belmont Grove
Leeds LS2 9NP
Tel: 0113 246 7336

National Schizophrenia Fellowship see **Rethink****National Youth Agency**

17–23 Albion Street
Leicester LE1 6GD
Tel: 0116 285 3700
Website: www.nya.org.uk

The National Youth Agency aims to advance youth work to promote young people's personal and social development, and their voice, influence and place in society.

NCH – Action for Children

(member of the Young Carers Initiative Reference Group)
85 Highbury Park
London N5 1UD
Tel: 020 7704 7000
Fax: 020 7226 2537
Website: www.nch.org.uk

NCH is ambitious for all children and young people to have the support and opportunities they need to reach their full potential. It is one of the UK's leading children's charities and works with over 98,000 vulnerable children, young people and their families through more than 480 projects.

The aim of the NCH's work with young carers is to meet the challenge of identifying and assessing, in partnership with families, the needs a family may have that they feel are impacting on the adults' ability to fulfil their role as parents and are also creating areas of difficulty for the child(ren) and/or young people who are assuming caring responsibilities.

The services that may be identified and provided to or accessed by a family are aimed at ensuring that members of any family have every opportunity to experience social inclusion, which takes into account individual, family and cultural diversity.

Whilst recognising the impact of disability on parents, NCH is committed to supporting and enabling parents in meeting their roles and responsibilities. This is done in conjunction with balancing the needs of children and young people in their role as young carers.

Children, young people and their families are also made aware of other services that may be relevant to them, and encouraged and supported in accessing these facilities, should they wish to do so.

The Network

PO Box 558
London SW1 2EL

Information for young people living with a family member who suffers from mental health or emotional problems.

NHS Direct

Tel: 0845 4647
Textphone: 0845 606 4647
Website: www.nhsdirect.nhs.uk

NSPCC

Weston House,
42 Curtain Road,
London EC2A 3NH
Tel: 020 7825 2500
Fax: 020 7825 2525
Helpline: 0800 800 5000
Website: www.nspcc.org.uk

Parentline plus

520 Highgate Studios
53–79 Highgate Road
Kentish Town NW5 1TL
Helpline: 0808 800 2222
Textphone: 0800 783 6783
Website: www.parentlineplus.org.uk

Parentline Plus is a UK registered charity which offers support to anyone parenting a child – the child's parents, step-parents, grand parents and foster parents. Parentline Plus runs a freephone helpline, courses for parents, develops innovative projects and provides a range of information.

Positive Parenting

2a South Street
Gosport
Hants PO12 1ES
Tel: 023 9252 8787
Website: www.parenting.org.uk

The Princess Royal Trust for Carers

(member of the Young Carers Initiative Reference Group)
Headquarters
142 The Minories
London EC3N 1LB
Website: www.carers.org

RADAR (Royal Association for Disability and Rehabilitation)
 12 City Forum
 250 City Road
 London EC1V 8AF
 Tel: 020 7250 3222
 Fax: 020 7250 0212
 Minicom: 020 7250 4119
 Email: radar@radar.org.uk
 Website: www.radar.org.uk

The Royal Association for Disability and Rehabilitation is a national organisation of and for disabled people. Its key areas of activity are: supporting over 500 local and national disability organisations; campaigning for improvements in disabled people's lives; providing information to support independence and equality for disabled people.

Refugee Council

Head Office
 3 Bondway
 London SW8 1SJ
 Tel: 020 7820 3000

Refugee Studies Centre

Queen Elizabeth House
 University of Oxford
 21 St Giles
 Oxford OX1 3LA
 Tel: 01865 270271

Relate

Herbert Gray College
 Little Church Street
 Rugby
 Warwickshire CV21 3AP
 Tel: 01788 573241
 Website: www.relate.org.uk

Research in Practice

Blacklers Park Road
 Dartington
 Totnes TQ9 6EQ
 OR
 Children and Families Research Group
 Elmfield
 University of Sheffield S10 2TU
 Website: www.rip.org.uk
 (Limited access for non-members)

Research in Practice aims to promote the use of evidence to improve the experiences and outcomes for vulnerable children and families.

Research in Practice is a creative partnership between: The Dartington Hall Trust, The Association of Directors of Social Services and The University of Sheffield with over 60 participating English local authorities and voluntary child care organisations.

Rethink (formerly nsf)

30 Tabernacle Street
 London EC2A 4DD
 Tel: 020 7330 9100/01
 Fax: 020 7330 9102
 Website: www.nsf.org.uk

A mental health organisation working to help everyone affected by severe mental illness, including schizophrenia, to recover a better quality of life.

Royal College of Psychiatrists

17 Belgrave Square
 London SW1X 8PG
 Tel: 020 7235 2351

RuralMinds

Arthur Rank Centre
 c/o National Agricultural Centre
 Stoneleigh Park
 Warwickshire CV8 7LZ
 Tel: 02476 414366
 Email: Ruralminds@ruralnet.org.uk

RuralMinds aims to promote better mental health for country people, developing innovative support and care networks.

Samaritans

The Upper Mill
Kingston Road
Ewell
Surrey KT17 2AF
Tel: 020 8394 8300
Fax: 020 8394 8301
Email: admin@samaritans.org
Website: www.samaritans.org.uk
Helplines: 08457 909090 (UK)
08457 609090 (ROI)

Saneline

1st Floor
Cityside House
40 Adler Street
London E1 1EE
Tel: 020 7375 1002
Helpline: 0845 767 8000
Email: london@sane.org.uk

SCOPE

6 Market Road
London N7 9PW
Helpline: 0808 800 3333
Email: cphelpline@acope.org.uk
Website: www.scope.org.uk

Scope is a disability organisation in England and Wales whose focus is people with cerebral palsy.

SENSE

11–13 Charlton Terrace
Finsbury Park
London N4 3SR
Tel: 020 7272 7774
Textphone: 020 7272 9648
www.sense.org.uk

Sense is an organisation for people who are deaf/blind or have associated disabilities.

South East Hampshire YMCA

Fairthorne Manor
YMCA National Centre
Curdridge
Southampton SO30 2GH
Tel: 01489 785228
Website: www.fairthorne.co.uk

This organisation works in partnership with The Children's Society to organise the annual Young Carers' Festivals and throughout the year offers residential and daily outdoor education programmes for school groups catering for up to 350 residents a week. Additionally, tutored personal development courses for young people are run by Fairthorne or in conjunction with other organisations. These often take place over weekends but courses are also available for a week's duration.

Teenage Cancer Trust

Ward 10
St James' University Hospital
Leeds LS9 7TF
Tel: 0113 206 6206

The Terrence Higgins Trust

52–54 Grays Inn Road
London WC1 8JU
Helpline: 020 7242 1010

Practical support, help, counselling and advice for anyone with or concerned about AIDS and HIV infection.

UNICEF

www.therightssite.org

Website for young people with information on children's rights, including refugees.

United Kingdom Advocacy Network (UKAN)

Premier House
14 Cross Burgess Street
Sheffield S1 2HG
Tel: 0114 275 3131

Young Carers Research Group, Loughborough University

(Member of the Young Carers Initiative Reference Group)
 Prof. Saul Becker
 Dept of Social Sciences
 Loughborough University LE11 3TU
 Website: www.ycrg.org.uk

The Young Carers Research Group (YCRG) is part of the Centre for Child and Family Research, based in the Department of Social Sciences at Loughborough University. Members of the YCRG have been involved in young carer research since 1992. The YCRG's team of researchers include Professor Saul Becker, Jo Aldridge and Chris Dearden, all of whom are skilled in all aspects of social research. As a result of this expertise, the Group has been asked to conduct a number of evaluation studies for a range of welfare and other agencies which have had considerable impact on the practices of welfare agencies, policy on young carers and public attitudes towards these young people and their families.

The YCRG has published many research reports, practice documents for welfare professionals working with carers and has produced training materials and information packages for welfare organisations and individuals to promote good practice and to help practitioners to recognise and support young carers. In addition, the work of the Group is published in academic and practitioner journals, regularly presented at national and international conferences and seminars and has featured in a number of television documentaries. Details of these publications are available from the YCRG website.

Young Minds

102–108 Clerkenwell Road
 London EC1M 5SA
 Tel: 020 7336 8445
 Email: enquiries@youngminds.org.uk

Zito Trust

16 Castle Street
 Hay-on-Wye
 Hereford HR3 5DF
 Email: zito@netcomuk.co.uk
 Website: www.zitotrust.co.uk

The Zito Trust is a registered mental health charity seeking to highlight issues relating to mental illness and the care of those who are affected by it.

Government Organisations

Department of Health

Website: www.doh.gov.uk

Department for Education and Skills

Website: www.dfes.gov.uk

Children and Young People's Unit

Caxton House
 6–12 Tothill Street
 London SW1H 9NA
 Website: www.cypu.gov.uk

Learning Gateway

Website: www.dfes.gov.uk/thelearninggateway/

The Learning Gateway targets those 16–18-year-olds who are vulnerable during transition from school and higher education. The priority is those who have disengaged from learning, but the Learning Gateway also aims to help those who are in danger of dropping out of learning because they lack the right skills, qualifications or attitudes, or because they face significant personal and social obstacles.

New Deal

Website: www.newdeal.gov.uk

New Deal is a key part of the Government's Welfare to Work strategy. It has been created to help unemployed people into work by closing the gap between the skills employers want and the skills people can offer.

OFSTED

Website: www.ofsted.gov.uk

Has some information and guidance documents on PHSE in which young carers should be included.

Connexions

Website: www.connexions.gov.uk

Local Government Association

26 Chapter Street

London SW1P 4ND

Website: www.lga.gov.uk

SCIE (Social Care Institute for Excellence)

Website: www.scie.org.uk/index.htm

Voluntary and Community Sector Grants website

www.volcomgrants.gov.uk

A pilot Government website providing information for voluntary and community organisations on the grants available from four Government Departments – Home Office, Department for Education and Skills, Department for Transport, Local Government and the Regions, and the Department of Health.

Funding

Fundraising Information

www.fdonline.co.uk

Up-to-date funding source for not-for-profit organisations, local authorities, charities and voluntary groups in the UK.

Directory of Social Change

Website: www.dsc.org.uk

Has information on trusts, foundations and other funders offering grants of less than £5,000. Has links to other sites with further information on funding.

Training

Bereavement

Child Bereavement Trust

Tel: 01494 446648

Website: www.childbereavement.org.uk

The Child Bereavement Trust offers specialised training and support for professionals to improve their response to the needs of bereaved families. Their work is based on what families and children say they need in the immediate crisis and in the months following the death of someone important in their lives.

Examples include: 'Developing Support in Paediatric Palliative Care' and 'Handling Difficult Situations when Dealing with Loss and Grief'.

Leeds Animation Workshop

45 Bayswater Row

Leeds LS8 5LF

Tel: 0113 248 4997

Leeds Animation Workshop produce an animated video entitled 'Grief in the Family', which is narrated by Michael Rosen. It is a 14-minute film that looks at the ways children and young people respond to grief, and what the adults around them can do to help. The video and accompanying booklet are designed for working with families and bereaved children.

National Youth Agency

'Dealing with bereavement – a curriculum pack for youth workers'

This pack features a unique set of groupwork exercises for use with young people, complete with handout originals and activity cards.

Available from Youth Work Press, Tel: 0116 285 6789

Child Protection

NSPCC – Child Protection Training Services

Tel: 0116 234 7225

The NSPCC provides an external training service. The training can be tailored to the particular needs of different audiences and groups. Examples of courses include: Training for Trainers, Putting Assessment Framework into Practice, Managing Change.

NSPCC Educare Programmes

Tel: 01926 436202

This programme provides an interactive learning programme that is designed to teach everyone about their role in protecting children.

NSPCC Training Resources

Tel: 0116 234 7223

The NSPCC publishes training resources to assist trainers to plan, design and cost effective courses and workshops on key aspects of child protection.

NSPCC website: www.nspcc.org.uk

Citizenship for Young People

Changemakers

Tel: 01458 834767

Website: www.changemakers.org.uk

Training and Consulting Service – This provides training that is geared to each client's needs, and heavy emphasis is placed on real negotiation beforehand of what is required.

One of the main areas of training is Youth Action and Citizenship Education for schools and others who are interested in how to build active involvement in the community into the delivery of the National Curriculum.

Institute for Citizenship

Website: www.citizen.org.uk

The Institute for Citizenship offers a range of INSET options from introductory workshops for teachers through to tailor-made packages.

The Primary INSET covers:

Citizenship education in context – updates from QCA and OFSTED

Approaches to Citizenship: audit, whole-school approach, curriculum approaches

Practical ideas and schemes of work for implementing Citizenship

Citizenship teaching resources

The Secondary INSET covers:

Citizenship education in context – updates from QCA and OFSTED

Models of delivery

Schemes of work

Interpreting the National Curriculum

Assessment

Citizenship Foundation

Website: www.citfou.org.uk

The Foundation organises its own regional training and development events and runs and contributes to LEA-sponsored courses and training sessions. They also offer support to schools, particularly to 'pyramids' based on secondary schools and their feeder primary schools, and to other groupings of schools, wishing to develop sound, imaginative and sustainable approaches to Citizenship Education.

Topics that might be covered in a general introductory course include:

Education for Citizenship: General overview

Education for Citizenship: Developing Courses and Materials

Citizenship and Moral Education

Law-related Education

Political Literacy and Political Education

Human Rights Education

Community Services Volunteers

Website: www.csv.org.uk

This organisation offers a number of one- and half-day training sessions for teachers, students and adult volunteers, such as:

‘Active Citizenship’ – Drawing on work with classroom teachers and senior managers planning to introduce Citizenship Education through community involvement, CSV’s approach is based on five citizen competencies: teamwork, ethical understanding, community understanding, handling information and community action.

Courses are available for both primary and secondary teachers.

Schools Councils UK

Website: www.schoolcouncils.org

The site gives information about the training and publications available. They do not offer anything specifically on Citizenship Education, but the process of setting up and running a school council supports the ideas behind the Citizenship part of the National Curriculum.

Save the Children

Website: www.savethechildren.org.uk

Through the Partners Project, they are offering a free INSET service (with a free copy of *Partners in Rights* for all participants) based around the Partners Project.

The INSET session explains how the UN Convention on the Rights of the Child relates to the new Citizenship curricula, and it shows how creative arts approaches to rights and citizenship can stimulate learning.

If you are interested in the INSET offer, please email: partners@scfuk.org.uk.

Other organisations supporting Education for Citizenship with publications and/or training include:

The Hansard Society www.hansardsociety.org.uk

Education Extra www.educationextra.org.uk

Counselling

VOICE

Tel: 0118 974 0189

Email: voicepractice@aol.com

Website: www.voicecounsellingpractice.co.uk

Voice is a counselling and training practice that is based in Slough, Berkshire, but offers some courses in central London and Brighton. They aim to provide affordable and quality based training that incorporates the diversity of each individual’s learning and life experiences.

Examples include: creative approaches to direct work, young people with mental and emotional health issues, focused counselling skills with young people, and much more.

Courses are at weekends, evenings and weekdays. Early booking is advisable, as places are limited to 14 on each course. On completion of a course, participants receive an attendance certificate, along with a description and confirmation of training hours for each course.

Disability and Special Needs

Disability Alliance

Website: www.disabilityalliance.org

Disability Alliance runs training courses about disability benefits. A wide range of organisations attend the courses, from both the voluntary and statutory sectors.

Drug and Alcohol Misuse

Drugscope

32 – 36 Loman Street

London SE1 0EE

Tel: 020 7928 1211

Fax: 020 7928 1771

Websites: www.drugscope.org.uk and

www.drugscope.org.uk/training/home.asp

The site contains two searchable databases giving information on drug training. One database contains information on training specifically for primary care staff. The other is general drugs training information for a wide range of people.

General Drug Training Directory

This is a searchable database for drugs training for a wide range of people working in the drugs field, covering health and social care, young people's education and other services, the criminal justice system, and community groups.

The database contains information on training for a wide range of drug misuse issues, as well as how the training is delivered and details of accreditation.

It is searchable by name of trainer, geographical area (information is available from across England and Wales), training type and target group. The results of searches come in the form of lists of training providers in your chosen areas.

Release

Website: www.release.org.uk

Release operates a nationwide training programme, which offers specialist training on drugs and the law to professionals who work with drug users.

Courses aim to improve staff effectiveness and develop new skills and knowledge that are vital to meeting the complex demands presented by working in this environment. The training courses are available throughout the year for both individuals and organisations requiring in-house courses designed specifically for their needs.

NACOA (National Association for Children of Alcoholics)

Examples of training currently provided include:

'True life story of Tim' – Tim's father was alcoholic and turned to alcohol himself in later life. Tim talks about how he coped as a child, how alcohol played a part in his own life and how he turned his life around with the help of a 12-step programme and support from other children of alcoholics;

and 'Discovering the complexity of how families adapt to addiction'.

Details of future training programmes are available from:

Merrill Spooner, Administrator: 0117 924 8005

Clare Adams, Training Co-ordinator: 0117 377 0596

Health and Safety

BBC First Aid Website

BBC Website: www.bbc.co.uk/health/first_aid_action

Online First Aid course in the form of four stages – Getting Started, Essential Skills, Home Skills and Certificate. The course teaches the core principles of First Aid, and also specialist skills needed to care for children or older dependants.

After completing the course, you can gain a 'Certificate of Competence in First Aid' by taking a practical test at an assessment centre in your area.

The course content is based on the *First Aid Manual*, the authorised book of St John Ambulance, the British Red Cross and St Andrew's Ambulance Association.

Health and Safety in Youth and Community Work

A resource manual by Doug Nicholls (Russell House Publishing)

This is a resource manual that provides a comprehensive reference and planning tool. It can help to implement a strategy for systematically introducing new and improved health and safety practice, and includes materials for handouts, training and management.

Health

Class Action

Website: www.class-action.org.uk

This is a Macmillan Cancer Fund website that contains a wealth of resources for teaching about cancer in the classroom. They are free and can be downloaded easily.

Eating Disorders Association (EDA)

Website: www.eda.uk.com

EDA offers professional training for:

- health professionals, including doctors, nurses, therapists, etc;
- professionals working in education, including teachers, youth workers, school nurses, etc;
- social services staff;
- carers;
- employers/employees personnel and Human Resources staff;
- Occupational Health staff and managers;
- people in contact with someone affected by an eating disorder.

Courses include 'Supporting students/people with eating disorders' and 'Professional training on anorexia and bulimia nervosa for professionals working in education'.

For more information on the above or other training provided by EDA'S experience and professional trainers, please contact Sue Mickleburgh, Training Manager, Eating Disorders Association; Email: info@edauk.com.

Management/Supervision

Effective Supervision Skills

Email: idttraining@netscapeonline.co.uk

A 2- or 4-day training course offering a unique model of supervision.

EPB Seminars

Tel: 020 8440 8918

Website: www.epbseminars.com

EPB offers a variety of seminars and lectures on topics such as 'How to deal with difficult people' and 'How to cope with pressure, stress and change'.

National Centre for Volunteering

Website: www.volunteering.org.uk

The National Centre for Volunteering offers a programme of training courses for volunteer managers. In order to tailor the courses more specifically to individuals' needs, they have divided the programme into two strands, so that you can choose the courses most appropriate to your level of experience.

'Essential Skills' courses are designed for those new in post or those wanting to refresh or bring themselves up to date on core skills and knowledge. 'Continuing Professional Development' (CPD) courses are designed to provide a slightly less structured and more challenging learning experience for those who are interested in further developing and gaining recognition of their professional skills.

(Certificates of attendance validated by the National Centre for Volunteering are issued on completion of the courses.)

Really Creative Training Ltd

2 Lakeside
 South Cerney
 Cirencester
 Gloucestershire GL7 5XE
 Tel/Fax: 01285 860452/860306
 Website: www.reallycreative.com

Really Creative Training offers a unique approach to the design and delivery of training, encouraging a supportive, relaxed and informal training environment in which you can learn and explore new ideas.

Examples of courses include:

Assertiveness Skills
 Dealing With Difficult Situations (DWDS)
 Effective Communications
 Health and Safety Basics
 Managing Change
 Motivating People
 Negotiation Skills

Each subject area is supported by a workbook, which is used during the workshop and is retained by the learner for future reference.

Mental Health**'Crossing Bridges'**

Email: pavpub@pavillion.co.uk
 Website: www.pavpub.com

Training resources for working with mentally ill parents and their children, written by Kate Mayes, Marie Diggins and Adam Falkov, published by the Department of Health.

The Centre for Child Mental Health

2–18 Britannia Row
 Islington
 London N1 8PA
 Tel: 020 7354 2913
 Email: childmentalhealth@hotmail.com

Provides a range of training, expanding awareness and knowledge about the emotional well-being and mental health of children.

Home Education College

Website: www.qualify.me.uk

A website that provides access to training from your PC; HEC have developed a range of courses relating to mental health and specialising in working with addictive behaviours, depression, etc.

Young Minds

Tel: 020 7336 8445
 Email: young.minds@ukonline.co.uk

Provides consultancy and training service to support managers and practitioners in the field of child and adolescent mental health, to develop their service provision and further their understanding.

Y Touring

Tel: 020 7272 5755
www.ytouring.org.uk

Y Touring (a YMCA operation) are a touring theatre company who work in schools, etc. delivering plays and workshops on a number of subjects. The website also offers learning and teaching resources.

One example is 'Cracked'. This resource offers tried and tested lessons, discussion triggers, articles and weblinks about mental health and mental illness which can be used for Drama, English, PHSE, Science and Citizenship. Articles include specially written features by Prof Lewis Wolpert, Dr Sophie Zeman, Prof Roy Porter, Dr Michael O'Donovan and Prof Christopher G Fairburn.

Mind Matters

Set of five books available from UK Youth (2nd Floor, Kirby House, 20–24 Kirby Street, London, EC1N 8TS): 'Loss and Grief', 'Self esteem', 'Relationships', 'Stress' and 'Actions'

The books give workers the practical information they need to work with young people on mental health issues.

Refugees

In Safe Hands

By Tina Hyder, Jill Rutter et al.

Save the Children (Published in association with the Refugee Council)

Tel: 020 7703 5400

A resource pack for working with young refugees. Aimed at primary teachers and early years practitioners, but has much more general appeal, and can be applied to older young people as well. Includes a video, handbook and training materials.

Supporting Parents

Positive Parenting

Website: www.parenting.org.uk

Positive Parenting provides nationwide training programmes, mainstream parenting literature, special needs resources and parenting workshops.

Leeds Animation Workshop

Tel: 0113 248 4997

Website: www.leedsanimation.demon.co.uk

The Leeds Animation Workshop has produced an animated video entitled 'Bridging the Gap'. This is a 12-minute film offering a funny and thought-provoking guide to the communication difficulties that can arise between parents and their teenage children. The video pack is designed for those working with families, particularly in the context of parenting courses or education in relationship skills.

Working with Families

Assessment of family competence, strengths and difficulties

By Arnon Bentovim and Liza Bingley Miller, Department of Health and Pavilion Publishing

Tel: 01273 623222

Aimed at professionals who work with families. It includes training materials based on a video and a 3-day course. It aims to equip participants with skills/information to assess objectively family competencies, strengths and difficulties.

Working with Young Carers

Carers UK

Website: www.carersonline.org.uk

Carers UK offer training that reflects current legislation and issues for health and social care professionals, advice workers, employers, lawyers and others who work with carers. Training venues are in London, Manchester and York. Group discounts are available; fees include comprehensive training notes, refreshments and lunch.

Examples of courses include:

'Mental Health Law and the Human Rights Act'

'Advocacy: Introduction'

'Young Carers: Research, Good Practice and the Law'

For full details and a training calendar, contact Carers UK Training Unit on 020 7566 7632 or email training@ukcarers.org

For details of courses in Scotland, contact Carers Scotland Training Unit on 0141 221 9141.

Please note that the Unit is accredited by the Law Society and the Institute of Legal Executives, and our legal courses carry Continuing Professional Development (CPD) hours.

Carers Scotland

Courses are run in Glasgow, or as 'in-house' training at your organisation.

Courses are based on Scottish Law and legislation.

For further information, please contact:

The Training Unit

CARERS Scotland

91 Mitchell Street

Glasgow G1 3LN

Tel: 0141 221 9141

Email: training@carerscotland.org

Working with Young People**Kidscape Training**

Website: www.kidscape.org.uk

Kidscape training is open to anyone who works with children. Kidscape also works with children and young people directly.

Kidscape Trainers visit schools and other organisations to provide on-the-spot training and offer long-term, one-day, half-day and twilight workshops. Courses are tailor-made to meet your specific development needs.

NSPCC

Website: www.nspcc.org.uk

The NSPCC offer a programme of professional development training for those who work with and on behalf of children and young people, for example 'Working with Black families', 'Prejudicial blocks to good practice', as well as tailor-made courses and programmes.

Trust for the Study of Adolescence

Tel: 01273 771249

Website: www.tsa.uk.com

TSA provides consultancy and also designs and runs a programme of conferences and workshops for professionals working with young people.

Their work includes:

The Talk2 Project (1998–2001) – a collaboration with Youth Access to develop accredited training courses

and published training materials for counsellors and others who support young people.

Tailor-made training on a range of subjects aimed at supporting workers in various settings to promote the mental health and well-being of young people.

Working with Teenagers – a practical toolkit (2001–2004). This project is developing practical resource material for professionals in a range of settings to enable them to communicate more effectively with young people.

ACUMEN training and consultancy

7 Hilders Road

Leicester LE3 6HE

Tel: 0116 285 8955

Email: acumentraining@hotmail.com

Runs training workshops for anger management for young people and youth workers.

Stories for Troubled Children

Email: info@winslow-press.co.uk

A pack of five illustrated stories and workbooks that have been designed to help children who are troubled in their lives. The stories act as vehicles to help children think about and connect with their feelings. The stories and workbooks address vitally important issues including helping children with: anxiety/worry, love, loss, yearning, bullying and being bullied, hate as a way of coping with hurt, talking about feelings instead of bottling them up.

Your local Council Community Services or Carers' Centre are also likely to provide a variety of training courses/opportunities.

Annotated Bibliography

Annotated Bibliography

This bibliography contains publications used as references throughout the practice guide and other publications and resources that may be useful. It is organised under subject headings containing: books/reports for professionals; other resources for professionals; and books/ resources for use with young people.

Young carers

Books for professionals

Aldridge, J. and Becker, S. (1993)

Children Who Care: Inside the world of young carers.

Loughborough University: Young Carers Research Group.

An original piece of research undertaken in Nottingham, which gives a detailed account of the lives and experiences of child carers, often using their own words. Biographies of the children and detailed descriptions of their caring duties are included, along with: a discussion of the effects of caring; suggestions of ways forward for professionals and policy makers; and a list of young carers' rights.

Aldridge, J. and Becker, S. (1994a)

My Child, My Carer: The parents' perspective.

Loughborough University: Young Carers Research Group.

This is a follow-up report to *Children who Care* and discusses the issue of caring from the point of view of the adults who are cared for by their children. It is intended as a companion volume to the first report.

Aldridge, J. and Becker, S. (1994b)

A Friend Indeed: The case for befriending young carers.

Loughborough University: Young Carers Research Group.

Many young carers have said that they would like someone to talk to. This report describes the principles and guidelines necessary for the safe implementation of a befriending service for young carers. It includes discussion of recruitment practices, child protection issues and the training of volunteers.

Aldridge, J. and Becker, S. (1995b)

'The Rights and Wrongs of Children Who Care', in Franklin, B. (ed.) ***The Handbook of Children's Rights: Comparative policy and practice.***

London: Routledge.

A discussion of the way in which young carers have been 'constructed' by the media and others, and how they may be 'reconstructed' in a manner suited to ensuring their rights as children and as carers are met.

Aldridge, J. and Becker, S. (1996a)

Befriending Young Carers: A pilot study.

Loughborough University: Young Carers Research Group.

Describes the practical application of the strategies outlined in *A Friend Indeed* and reports the results of a pilot project, which linked volunteer befrienders and young carers. Useful for those planning befriending services for children.

Aldridge, J. and Becker, S. (1996b)

'Disability rights and the denial of young carers – the dangers of zero-sum arguments', in ***Critical Social Policy***, 16 (3) issue 48, 1996, pp. 55–76.

Aldridge, J. and Becker, S. (1997)

Prevention and Intervention: Young carers and their families.

Loughborough University: Young Carers Research Group.

A theoretical analysis of the strategies for preventing young caring in the community, and a discussion of programmes for intervention when young caring is already established within families.

Aldridge, J. and Becker, S. (1998)

The National Handbook of Young Carers' Projects.

London: Carers National Association.

Updated from the 1995 *Directory of Young Carers' Projects and Initiatives*. The Handbook includes information on 110 young carers' projects across the UK as well as profiles of the work practices of a selection of these projects.

Aldridge, J. and Becker, S. (1999)

'Children as carers: the impact of parental illness and disability on children's caring roles' in *Journal of Family Therapy*, Vol. 21 pp. 303–320.

Aldridge, J. and Becker, S. (2003)

Children Caring for Parents with Mental Illness.

Bristol: Policy Press.

Drawing on research data collected from 40 families, the book presents the views of children (young carers), parents and key professionals in contact with them.

Alexander, H. (1995)

Young Carers and HIV.

Edinburgh: Children in Scotland.

A small-scale research study looking at children who are affected by HIV/AIDS in the family. This is the first piece of work to look specifically at young carers and HIV.

Baker, G. (2002)

Unseen and Unheard: The invisible young carers.

Carers Lewisham, Princess Royal Trust for Carers.

Based on the work of the Carers Lewisham Young Carers' Schools Development project.

Banks, P. et al. (2002)

Young Carers: Assessment and service literature review of identification, needs assessment and service provision for young carers and their families.

Scottish Executive Central Research Unit

Available from the Scottish Executive website at: www.scotland.gov.uk

Becker, S. (ed.) (1995)

Young Carers in Europe: An exploratory cross-national study in Britain, France, Sweden and Germany.

Loughborough University: Young Carers Research Group in association with the European Research Centre.

A study of the experiences of young carers in four European countries, with a discussion about the attitudes of professionals working with children and families; and a discussion of the welfare regimes in the four countries. This exploratory study suggests that Britain's welfare system is more developed in its response to young caring both in policy and practice.

Becker, S., Aldridge, J. and Dearden, C. (1998)

Young Carers and their Families.

Oxford: Blackwell Science.

A comprehensive text on young carers and their families that is both research-based and adopts an international perspective. The book discusses the effects of caring on children's health and development and considers the policy and legal context, offering guidance on how to implement the most appropriate support.

Bibby, A. and Becker, S. (eds.) (2000)

Young Carers in their Own Words.

London: Calouste Gulbenkian Foundation.

The first part of this text presents written accounts by children and young people of what it is like to care. Most of them were in contact with locally-based young carers' projects. The second part considers issues of public policy. Also provides good practice checklists.

Bilsborrow, S. (1992)

"You grow up fast as well..." Young Carers on Merseyside.

Liverpool: Carers National Association, Personal Services Society and Barnardo's.

This was the first research study to examine the experiences and needs of young carers. The report includes quotes from young carers and a discussion from the perspective of welfare professionals.

Blyth, E. and Milner, J. (1997)

Social Work with Children: The educational perspective.

Harlow: Longman.

As the title suggests, this book takes an educational perspective on social work, but contains a chapter entitled 'Children who care for others', which gives an overview of some of the literature and research into young carers' issues.

Blyth, E. and Waddell, A. (1999)

'Young carers – the contradictions of being a child carer', in ***Children, Child Abuse and Child Protection. Placing Children Centrally***, Chapter 2.

Chichester: John Wiley and Sons Ltd

Brechin, A. et al. (eds) (1998)

Care Matters: Concepts, practice and research in health and social care.

London: Sage.

A comprehensive text on care, useful for anyone working in social care or with informal carers. Contains a chapter on young carers by Stan Tucker and Penny Liddiard of the Open University, based on their research in Milton Keynes and Wolverhampton.

The Children's Society (2000)

Young Carers and Our Families – Report.

A transcript of a presentation by young carers, written by the young carers themselves, to Community Care Live 2000 about their lives and messages to practitioners.

(Video also available – see resources section below)

Clarke, E. (1996)

Young Carers in Guildford – Seeing the Whole.

Guildford Crossroads and Surrey Social Services.

Crabtree, H. and Warner, L. (1999)

Too Much to Take On: A report on young carers and bullying.

London: The Princess Royal Trust for Carers.

Looks at the problems young carers face at school with regard to bullying. Young carers are frequently isolated

from their peers due to the amount of time they spend at home with the person they care for. This increases their vulnerability to bullying. This report finds that most young carers are likely to experience some form of bullying during their school career and may find it difficult to seek help and support. The report concludes with a series of recommendations.

Dearden, C. and Becker, S. (1995)

Young Carers: The Facts.

Reed Business Publishing.

The first ever national survey of young carers, this research includes information on more than 600 young carers who are supported by designated young carers' projects across the UK. Included is information relating to the age, gender, ethnicity, family structure and caring responsibilities of young carers, and details about the people they are caring for. In addition to statistical information, the research also includes material from interviews with young carers and project workers.

Dearden, C. and Becker, S. (1996)

Young Carers at the Crossroads: An evaluation of the Nottingham Young Carers' Project.

Loughborough University: Young Carers Research Group.

An evaluation of the Nottingham project that includes information about the project's location, management and staffing and the services it provides. The report also contains a profile of the Nottingham young carers and those for whom they care. The project is evaluated against its own aims and objectives; against guidelines for projects; and through interviews with young carers, their parents and professionals who have referred children to the project.

Dearden, C. and Becker, S. (1997)

Children in Care, Children who Care: Parental illness and disability and the child care system.

Loughborough University: Young Carers Research Group.

This report examines the incidence of children looked after because of parental illness and suggests ways of supporting families in order to prevent children's admission to the public child care system.

Dearden, C. and Becker, S. (1998)

Young Carers in the United Kingdom: A profile.

London: Carers National Association.

A survey of 2,303 young carers supported by designated projects around the UK. The research offers a statistical profile of young carers including information about age, gender, ethnicity, caring roles and responsibilities. In addition the research examines the assessment of young carers under the Carers and Children Acts. Contains statistical information and case studies.

Dearden, C., and Becker, S. (2000a)

Growing Up Caring: Vulnerability and transition to adulthood – young carers’ experiences.

York: Joseph Rowntree Foundation.

Findings of a study of 60 young people with responsibility for caring for a parent with an illness or disability, and their experience of transition to adulthood. Identifies factors associated with caring that affect transition.

Dearden, C. and Becker, S. (2000b)

‘Young Carers: Needs, Rights and Assessments’ in Horwath, J. (Ed) ***The Child’s World: Assessing Children’s Needs. The Reader.***

London: Department of Health.

This reader accompanies the Department of Health’s new framework for assessing children. The chapter looks specifically at assessing young carers.

Department of Health (Feb 2000)

Quality Standards for Local Carer Support Services.

Factor, F., Chauhan, V. and Pitts, J. (2001)

Young Carers Good Practice Guide.

London: Princess Royal Trust for Carers.

A good practice guide for setting up a young carers’ project based on the experiences of a number of projects in Scotland.

Frank, J. (1995)

Couldn’t Care More: A study of young carers and their needs.

London: The Children’s Society.

A study of 91 young carers in Winchester, a semi-rural area. The study identifies young carers’ needs, discusses the outcomes of caring and makes recommendations for future practice. The words of young carers are used throughout the report. The research led to the implementation of the Winchester Young Carers’ Project.

Frank, J., Tatum, C. and Tucker, S. (1999)

On Small Shoulders: Learning from the experiences of former young carers.

London: The Children’s Society.

Hampshire County Council Social Services Department (2000)

Taking Responsibility: Inter-agency policy for supporting young carers.

Hampshire County Council.

Hendessi, M (1996)

Survey of Young Carers in Hammersmith and Fulham Caring for Carers Association.

Produced by Linx Research and Training Consultancy.

Tabulates young carers by age, ethnicity and the relatives they look after.

Hertfordshire County Council, Youth And Community Service (1997)

Hertfordshire Youth and Community Service 1996–97.

Hertfordshire Youth and Community Service.

Annual report describing the work of Hertfordshire Youth and Community Service. It includes projects and work around youth information, environmental education, youth councils, crime prevention, motor projects, work with young carers, rural youth work, arts, voluntary sector work, and training. It also includes a questionnaire for comments on the future work of the service.

Heron, C. (1998)

Working with Carers.

London: Jessica Kingsley Publishers.

Achieves a balance between day-to-day practicalities (including chapters on young carers, parents of children with disabilities and of people with mental health problems) and wider social issues.

Howard, M. (2001)

Paying the Price: Carers, poverty and social exclusion.

Carers UK.

Keith, L. and Morris, J. (1995)

'Easy targets: a disability rights perspective on the "children as carers" debate', in ***Critical Social Policy***, 44/45: 36–57.

Landells, S. and Pritlove, I. (1994)

Young Carers of a Parent with Schizophrenia: A Leeds survey.

Leeds: Department of Social Services.

A survey of mental health and child care professionals in contact with children caring for parents with schizophrenia.

Lowestoft Primary Care Trust (2001)

Identifying Young Carers and Meeting their Needs: Final report.

Lowestoft Primary Care Trust.

Findings of a multi-agency, multi-disciplinary research programme seeking to identify the needs of young carers and consider how existing practice could be developed to support them.

Lupton, C. (ed) (2000)

Moving Forward on Family Group Conferences in Hampshire.

University of Portsmouth.

Madge, N., et al. (2000)

9 to 13: The forgotten years?

London: National Children's Bureau.

A wide-ranging review of the key issues affecting this age group as they pass into puberty, change schools

and become more independent from the family.

The numbers in difficulty, including young carers, runaways, looked after children, school exclusions, suicide, drugs and smoking. The authors conclude that the evidence strongly supports the case for more attention to be paid to the needs and difficulties of pre-adolescent children.

McClure, L. (2001)

'School-Age Caregivers: Perceptions of school nurses working in Central England' in ***The Journal of School Nursing***, Vol. 17, No. 2 pp. 76–82.

McNeish, D. and Johnson, E. (1997)

Report on a joint evaluation of Bradford Young Carers and the Willow Scheme [in Leeds]

Barnardo's Yorkshire Division.

Mahon, A. and Higgins, I. (1995)

'...A Life of our Own' Young Carers: An evaluation of three RHA-funded projects in Merseyside.

University of Manchester: Health Services Management Unit.

This is an evaluation of the young carers' projects in Sefton, St Helens and Knowsley, and provides information about the organisation and management of the projects, and demographic information about the localities in which they are based. Interviews and quotes from both young carers and their parent(s) about the effects of caring are included. The report also contains a discussion of interviews with senior managers.

Metcalfe, J. (2000)

Signpost Stockport Young Carers' Conference April 2000 Report.

Stockport: Signpost Stockport (Torkington Centre, Torkington Road, Hazel Grove, Stockport SK7 4PY).

Key findings from a conference aimed at providing a platform for discussion of the main issues facing young carers, and an opportunity to consult directly with young people regarding the effectiveness of existing services and service development. The conference workshops also aimed to help young carers build on their skills and empower them for decision-making.

Munoz, N. (1998)

Young Carers and their Families in Westminster.

Westminster Carers Service.

Findings of a project aimed at identifying the population of young carers in Westminster and providing an account of their responsibilities and needs. Explores ways of accessing resources and makes recommendations for future inter-agency arrangements for assessment and service provision.

Newton, B. and Becker, S. (1996)

Young Carers in Southwark: The hidden face of community care.

Loughborough University: Young Carers Research Group.

This research report provides an in-depth analysis of the experiences of a dozen young carers in the London Borough of Southwark. The findings and conclusions led to the implementation of Capital Carers, a young carers' project.

Nixon, P. (1999)

'Promoting Family Decision-making in Child Care Practice' in ***Child Care in Practice: Northern Ireland Journal of Multi-Disciplinary Child Care Practice***, Volume 5 No 4 pp. 308–327

Olsen, R. (1996)

'Young carers: challenging the facts and politics of research into children and caring' in ***Disability and Society***, 11: 1: 41–54.

Olsen, R. (2000)

'Families under the Microscope: Parallels between the young carers debate of the 1990s and the transformation of childhood in the late nineteenth century' in ***Children and Society*** Vol. 14 pp. 384–394.

Olsen, R. and Parker, G. (1997)

'A response to Aldridge and Becker – "Disability rights and the denial of young carers: the dangers of zero-sum arguments"' in ***Critical Social Policy***, 50: 125–33.

Parker, G. and Olsen, R. (1995)

A Sideways Glance at Young Carers.

Nuffield Community Care Studies Unit, University of Leicester.

Looks at the available statistics relating to young carers.

Salter, June (1999)

The Health Needs of Young Carers: A pilot study.

London: The Children's Society.

Seddon, D. et al. (2001)

A Study of Young Carers in Wales: Report to the Wales Office of Research and Development for Health and Social Care.

Centre for Social Policy Research & Development, Institute of Medical and Social Care Research, University of Wales, Bangor.

Tatum, C. et al.

Northern Ireland Young Carers: An exploration of their needs and of the response by Crossroads Caring for Carers (NI) Ltd

Open University

Thomas, N. (2001)

A Study of Young Carers in Wales: Perspectives of children and young people.

Centre for Applied Social Studies, University of Wales, Swansea.

Violence Against Children Study Group (1999)

Children, Child Abuse and Child Protection: Placing children centrally.

Chichester: Wiley

Collection of contributions from a multi-disciplinary group of researchers and practitioners. Topics covered include: Black children and the child protection system; young carers; children and adolescents who abuse; domestic violence; decision-making in case conferences; schools and child protection; primary prevention and the role of the health visitor; child protection in relation to the current emphasis on core policing; children in residential care; preventing institutional abuse.

Walker, A. (1996)

Young Carers and their Families: A survey carried out by the Social Survey Division of the Office for National Statistics on behalf of the Department of Health.

London: The Stationery Office.

A report of the first government survey of young carers. Includes information from young carers and professionals and attempts to extrapolate figures for the number of young carers nationally. The official estimate is between 19,000 and 51,000.

York Council (1999)

Working with Carers – The Next Decade: A joint strategy for North Yorkshire and York.

Other resources on young carers for professionals

Carers in Hertfordshire (1997)

Make Sure They're Alright.

A peer-led video and information pack about what it is like to take care of somebody.

Carers National Association (1997)

Young Carers' Information Pack.

The Children's Society (2000)

Young Carers and Our Families – Video

A video of young carers talking about their lives and giving messages for practitioners.

Cornwall Young Carers Project (2001)

Who Cares?

Video

Hammersmith and Fulham Young Carers

What about me?

This video was put together by young people who have a caring role in their family and expresses their views about being young carers.

NCH Action for Children (1997)

Factfile '98.

Includes a section on young carers.

NCH Action for Children

Carefree – Young Carers Video

Examines young carers' emotions and responsibilities by using four short stories. Video work pack and board game, available in English or Welsh.

Available from NCH Action for Children, Ty Eluned, Towyn Road, Abergele, LL22 9AA

Taylor, A. (1999)

Developing a Befriending Scheme: A toolkit for practitioners.

London: The Children's Society.

UK Youth (2001)

Perspectives on Young Carers.

Wakefield District Young Carers

Information Pack.

A learning resource to be used with groups of children and young people. It is designed to raise awareness of young carers and is useful for schools. It looks at how to identify young carers, provides information about young carer schemes and examines issues such as confidentiality and coping with stress.

Legislation and guidance

Brunt, S. (1999)

Improving Children's Health: A survey of 1999–2000 Health Improvement Programmes.

London: NSPCC.

Department for Education and Employment (1999a)

National Healthy Schools Standard: Guidance.

Available to download free of charge at: www.dfes.gov.uk

Department for Education and Employment (1999b)

School Inclusion: Pupil Support (Circular No 10/99).

The Secretary of State's guidance on pupil attendance, behaviour, exclusion and re-integration. Available from Department for Education and Employment (tel. 0845 7602 2260); website: www.dfes.gov.uk

Department of Health (1996a)

Young Carers: Something to Think About. Report of four SSI workshops May–July 1995.

London: Department of Health.

The workshops referred to in the title were part of the Department of Health's programme of work on young carers. The report draws on these workshops to suggest means of identifying young carers; supporting them using a whole-family approach; and a multi-agency approach to meeting needs. The papers presented at the workshops are also available separately from the Department of Health.

Department of Health (1996b)

Young Carers – Making a Start: Report of the SSI fieldwork project on families with disability or illness, October 1995–January 1996.

London: Department of Health.

An official report of the Department of Health's three-year programme of work on young carers. Primarily intended for, and written about, social services departments. The report includes case studies, examples of good practice and a review of local authorities' policies on young carers.

Department of Health (1996c)

Carers (Recognition and Services) Act 1995: Policy guidance and practice guide.

London: Department of Health.

Department of Health, Department for Education and Employment, Home Office (2000)

Framework for the Assessment of Children in Need and their Families.

London: The Stationery Office.

Department of Health (1999a)

Working Together to Safeguard Children: A guide to inter-agency working to safeguard and promote the welfare of children.

Quality Protects, Department of Health.

Department of Health (1999b)

National Framework for Mental Health (1999).

Available from: www.doh.gov.uk/nsf/mentalhealth

Standard 6 is relevant to work with young carers and their families.

Department of Health (1999c)

Caring about Carers: A National Strategy for Carers.

Available from: www.doh.gov.uk

Department of Health (2000)

A Jigsaw of Services: Inspection of services to support disabled adults in their parenting role. Key messages for practitioners and first-line managers.

Available from Department of Health Publications, PO Box 777, London SE1 6XH

Department of Health

NHS and Community Care Act 1990 Guidance.

Available from Department of Health Publications (see above)

Department of Health (2001)

The Carers and Disabled Children Act 2000 Guidance.

Available from Department of Health Publications (see above)

Department of Health

NHS Priorities Guidance 1999.

Available from: www.doh.gov.uk/nsf/mentalhealth

Department of Health (2002)

Fair Access to Care Services: Guidance on eligibility criteria for adult social care.

Available free to download from: www.doh.gov.uk

Acts of Parliament

All Acts of Parliament from 1998 onwards are available, free to download from the Stationery Office website: www.hms.o.gov.uk

Alcohol and drug dependency

Books for professionals

Alcohol Concern (1997)

Measures for Measures: A framework for alcohol policy.

Brisby, T. (1997)

Under the Influence: Coping with parents who drink too much.

Alcohol Concern

Childline (1997)

Beyond the Limit: Children who live with parental alcohol misuse.

A report describing what children themselves have to say about parental drinking, based on calls coming in to Childline.

Cleaver, H., Unell, I. and Aldgate, J. (1999)

Children's Needs – Parenting Capacity: The impact of parental mental illness, problem alcohol and drug use, and domestic violence on children's development.

London: The Stationery Office.

An exploration of the research literature shows that these potential problems affect children differently depending on their age and individual circumstances.

Harbin, F. and Murphy, M. (eds) (2000)

Substance Misuse and Childcare: How to understand, assist and intervene when drugs affect parenting.

Russell House Publishing.

Hogg, C., Chadwick, T. and Dale-Perera, A. (1997)

Drug-using Parents: Policy guidelines for inter-agency working.

London: Local Government Association.

Laybourn, A., Brown, J., Hill, M. (1996)

Hurting on the Inside: Children's experiences of parental alcohol misuse.

Aldershot: Avebury.

Lifeline Manchester

Telling the Truth about Drugs.

Publications catalogue re: alcohol and drugs.

Tel. 0161 839 2054

Liverpool Health and Alcohol Team (2001)

In a Different World: Parental drug and alcohol use – a consultation into its effects on children and families in Liverpool.

Tunnard, J. (2002)

Parental Drug Misuse: A review of impact and intervention.

Research In Practice

Books and resources on alcohol and drug dependency suitable for young people

Al-Anon Family Groups

A range of pamphlets for young people who have a family member who suffers from alcoholism:

Courage to be Me

If your parents drink too much

Hope for Children of Alcoholics: Alateen

What's 'Drunk', Mummy?

Brooks, C.

The Secret Everyone Knows.

Help for young people for whom alcohol is a problem in their home.

Brow, C., LaPorte, B. and Moe, J.

Kids Power Too – words to grow by.

Hastings, J. and Typpo, M.

An Elephant in the Living Room.

Jones, P.

The Brown Bottle.

Two books for young people who have a family member who is an alcoholic.

Lifeline Manchester

Young Carers.

Leaflet aimed at young people caring for someone within the family who has a problem with drugs or alcohol.

Tel: 0161 8392054

Lifeline Manchester

The Big Blue Book of Booze.

Information for younger people. Gives information/facts on what alcohol is and does to you. Content should be viewed first.

Leite, E. and Espeland, P.

Different Like Me.

A book for teens who worry about their parents' use of alcohol or drugs.

SCAD (Support for Children Affected by Drink)

Worried about your parents' drinking? and Concerned about someone's drinking?

Two leaflets about the effects of parents' drinking on children, with notes giving information about alcohol and how to get help.

Tel: 01905 230600

Scottish Council on Alcohol.

Is someone drinking too much where you live?

Audio cassette for children about what happens when someone is drinking too much.

Scottish Council on Alcohol (1994)

Drinkwise Scotland.

Factsheets and audio tape for children of problem drinkers.

Bereavement

For professionals

Holland, J. (2001)

Understanding Children's Experiences of Parental Bereavement.

London: Jessica Kingsley Publishers.

Holland, J.

Coping with Bereavement: A handbook for teachers.

Cardiff Academic Press.

Books and resources on bereavement for use with young people

Cruse – Bereavement Care

My Father Died; My Mother Died; Caring for Bereaved Children.

Booklets for children.

Tel: 020 8940 4818

LeBlanc, S. (1998)

A Dragon in Your Heart.

London: Jessica Kingsley Publishers

Book aimed at explaining cancer to young children.

Black communities and other cultures

Barn, R. (2001)

Black Youth on the Margins: A research review

York: Joseph Rowntree Foundation.

Dwivedi, K. N. (2002)

Meeting the Needs of Ethnic Minority Children – Including Refugee, Black and Mixed Parentage Children: A handbook for professionals.

London: Jessica Kingsley Publishers.

Gavin, J. (1991)

I want to be an Angel.

London: Mammoth.

A collection of children's stories; including one about a Black young carer.

Greater Manchester Black Young Carers Workshop Working Group (1996)

Working with Black Young Carers: A framework for change.

Manchester: The Greater Manchester Black Young Carers' Working Group.

This report discusses how and why Black young carers have previously been overlooked and suggests how service providers and practitioners can examine their own procedures to ensure that the needs of Black young carers are identified and met. Also contains useful references and further reading.

Hussain, Y., Atkin, K. and Ahmad, W. (2002)
South Asian Disabled Young People and their Families.
York: Joseph Rowntree Foundation, Policy Press.

Jones, A., Jeyasingham, D. and Rajasooriya, S. (2002)
Invisible Families: The strengths and needs of Black families in which young people have caring responsibilities.
York: Joseph Rowntree Foundation.
www.jrf.org.uk

Karmi, G. (1996)
The Ethnic Health Handbook: A factfile for health care professionals.
Oxford: Blackwell Science.

King's Fund Centre (1992)
Young Carers in Black and Minority Ethnic Communities: Workshop day report.
London: King's Fund Centre.

This report, based on a one-day conference at the King's Fund Centre, examines the issues surrounding Black and minority ethnic young carers. It is one of the few reports available of this kind.

Powell, E. et al. (2002)
We Care Too: A good practice guide for people working with Black carers.
National Black Carers Workers Network in association with The Afiya Trust.

Shah, R., and Hatton, C. (1999)
Caring Alone: Young carers in South Asian Communities.
Ilford: Barnardo's.

Research focusing on the experiences of young carers who were in contact with two Barnardo's young carers' projects. Major themes identified included: the kinds of

tasks and roles performed; the contexts in which caring was carried out; and the consequences, provision of support services.

Vernon, A. (2002)
User-defined Outcomes of Community Care for Asian Disabled People.
York: Joseph Rowntree Foundation, Policy Press.

Disability/illness

Books for professionals

The Association of Disabled Parents in the Norfolk Area [PANDA]
Families First Survey detailing the findings of disabled parents of school-aged children.
Tel. 01553 768193.

Fieldhouse, R. (ed.) (2001)
AIDS Reference Manual.
NAM Publications.

Grimshaw, R. (1991)
Children of Parents with Parkinson's Disease: A research report for the Parkinson's Disease Society.
London: National Children's Bureau.

This piece of research looks at the effects of Parkinson's Disease on children in families, and covers areas such as the medical knowledge children possess, their home life and how their parents' illness affects them.

Imrie, J. and Coombes, Y. (1995)
No Time to Waste: The scale and dimensions of the problem of children affected by HIV/AIDS in localities in the United Kingdom.
Ilford: Barnardo's.

A report on children affected, rather than infected, by HIV/AIDS in the family. The report seeks to establish current figures and project future ones for the number of children, families and communities affected; and discusses responses that reflect children's needs and service provision.

Lewis, E. (2001a)

Afraid to Say: The needs and views of young people living with HIV/AIDS.

London: National Children's Bureau.

Findings of a study aiming to place children's voices at the centre of the debate about service provision for young people and children living with HIV/AIDS.

Lewis, E (2001b)

Children and young people living with HIV/AIDS.

London: National Children's Bureau.

Murray, P. and Penman, J. (Eds) (2000)

Telling Our Own Stories: Reflections on family life in a disabling world.

Parents with Attitude.

National AIDS Trust (1998)

Families and AIDS: A review of support services for HIV-affected families and carers in the UK.

Summarises some of the fundamental issues surrounding HIV/AIDS-affected families and recommends areas for development.

Segal, J. and Simkins, J. (1993)

My Mum Needs Me: Helping children with ill or disabled parents.

London: Penguin.

This book examines the experiences of children with sick or disabled parents. Most of the children concerned have a parent with multiple sclerosis and some perform a caring role. Included are many quotes from both parents and children who have undergone counselling.

Segal, J. and Simkins, J. (1996)

Helping Children with Ill or Disabled Parents: A guide for parents and professionals.

London: Jessica Kingsley.

An updated version of *My Mum Needs Me* which incorporates a chapter aimed at professionals who either work with clients with illnesses or disabilities or who work directly with the children of ill or disabled parents.

Stroke Association

Younger People have Strokes Too.

A survey of the experiences of younger people affected by stroke.

Tel: 020 7490 7999

Wates, M. (2002)

Supporting Disabled Adults in their Parenting Role.

York: Joseph Rowntree Foundation.

Books and resources on disability and illness for use with young people

Arthritis Care

A Day with Sam.

Booklet aimed at younger children about a little girl who has arthritis.

Tel: 020 7916 1500

The British Epilepsy Association

My Mum Has Epilepsy.

Typed document aimed at young children (includes drawings).

The British Epilepsy Association

New Horizons.

A guide for young people with epilepsy. General information aimed at older children.

Laird, E. (2001)

Red Sky in the Morning.

Basingstoke: Macmillan Children's Books.

Fiction for children about a young girl who has a disabled brother.

The Medicine Group (UK) Ltd

Learning about Epilepsy.

Illustrated simple textbook especially for younger children.

Publishing House, 62 Stert Street, Abingdon, Oxon., OX14 3UQ

Motor Neurone Association

When your Parent has Motor Neurone Disease.

Booklet aimed at young people with information on caring and feelings.

Tel: 01604 250505

Multiple Sclerosis Society

Has your Mum or Dad got MS?

Booklet aimed at young people. Information on what MS is and child's feelings.

Tel: 020 7610 7171

Multiple Sclerosis Society

My Mum's got MS.

Booklet in story format, aimed at young children explaining what MS is like.

Tel: 020 7610 7171

Roby Education Ltd

The Illustrated Junior Encyclopaedia of Epilepsy.

Information written in A–Z format about epilepsy.

Roby Education Ltd., 3 Lyndhurst, Maghull, Merseyside, L31 6DY

Saunders, K. (2000)

Happy Ever Afters – a storybook guide to teaching children about disability.

Trentham Books.

Education

Marsden, R. (1995)

Young Carers and Education.

London: Borough of Enfield, Education Department.

This report describes the results of a survey of schools and statutory and voluntary agencies in Enfield. The results demonstrate that the majority of young carers identified experienced educational difficulties, the most common ones being problems with punctuality; poor attendance; and problems with homework/coursework. The report contains brief case studies and summaries of interviews with professionals.

Mental Health Foundation (2002)

Peer Support Manual: A guide to setting up a peer listening project in education settings.

Mental Health Foundation.

Guide as to how schools can go about setting up a peer listening service, complete with case studies, handouts and training material. Would be useful for: teachers, school counsellors, youth workers, policy makers and voluntary sector organisations.

Other resources for schools

Baker, G.

Supporting Young Carers in School: A secondary resource pack.

Carers Lewisham, Princess Royal Trust for Carers.

Includes lesson plan ideas and resources.

Baker, K., Sillett, J. with Neary, S. (2000)

Citizenship: Challenges for Councils.

The Education Network and the Local Government Information Unit.

Contains useful addresses, names of organisations and websites.

Carers Together in Hampshire (2001)

Who Cares? Young Carers PSHE Pack: Pupil awareness module for use in schools.

Includes case studies and worksheets for use in lessons.

Northamptonshire Young Carers' Service (2001)

Information Pack for Schools.

Folder of information, including lesson ideas.

Suffolk County Council (2001)

Understanding Young Carers: A support document for PSE (Key Stage 3, Year 8).

Includes background information and resources for lessons.

Surrey Young Carers' Project (1998)

Young Carers: Resource Pack for Schools.

Includes photocopiable resources and information.

(See also resources listed under 'Young Carers' above.)

Mental health

Department of Health (1998)

Crossing Bridges – Training Support Programme: Parental mental illness and its implications for children.

Brighton: Pavilion Publishing Ltd.

Depression Alliance

Caring for Carers.

Booklet with information on caring for someone with depression.

Tel. 020 7721 7672

Dutt, R. and Ferns, P. (1998)

Letting Through Light: A training pack on black people and mental health.

London: REU.

Falkov, A. (1997)

Parental Psychiatric Disorder and Child Maltreatment, Part II: Extent and nature of the association.

London: National Children's Bureau.

Briefing which explores the association between psychiatric conditions affecting parents and child maltreatment. It looks at the influence of maternal depression on parenting and related topics such as family violence, parental self-harm and young carers. It also discusses possible opportunities for intervention.

Health Education Authority

Survival Diary.

One-year diary 1997/98 for young people, looking at feelings, with advice and information.

Tel: 020 7222 5300

Keeping Children In Mind Conference (1998)

Keeping Children in Mind: Balancing children's needs with parents' mental health.

Michael Sieff Foundation.

Report of the 12th annual conference hosted by the Michael Sieff Foundation, held at Cumberland Lodge, September 1997. Short papers on a wide range of topics, including child protection, parents with learning disabilities, young carers, various organisational viewpoints, and an address by Paul Boateng, MP.

National Schizophrenia Fellowship

Schizophrenia Leaflet.

www.nsf.org.uk

Information on schizophrenia.

Wright, S. and Bell, M. (2000)

The 'Us Too' Group: A psychodynamic perspective on the impact of parental mental ill health on young carers.

Gloucestershire Young Carers' Project.

Other resources on mental health for professionals

Department of Health (2001)

Contact: A directory of mental health.

Available from: www.doh.gov.uk

A directory of useful contacts and organisations for working in the field of mental health.

Eating Disorders Association (2002)

It's not about food, it's about feelings.

www.edauk.com

An educational resource.

Gray, G.

Talking About It: Promoting mental health in schools.

Meridian Broadcasting Charitable Trust.

A pack for use in schools with 11–16-year-olds.

Tel: 02380 236806

Books and other resources on mental health for use with young people

Alzheimer's Disease Society

It's enough to blow your mind – Alzheimer's.

Basic leaflet about Alzheimer's for children.

Tel: 020 7306 0606

Crossroads 'Caring for Carers'

Do you know someone who is going to hospital?

Leaflet detailing some questions that children may ask if a family member with a mental health problem is going into hospital.

Liverpool Joint Consultative Committee (1999)

Young Carers' Mental Health Resource Pack: Making young carers count in Liverpool.

A resource pack about mental health for young carers.

Contains cartoons which explain mental health to children and young people.

Manic Depression Fellowship

Why did my world have to change?

Leaflet for teenagers whose parents have manic depression.

Tel: 020 8974 6550

MIND

How to Survive Family Life and

How to recognise the early signs of mental distress

Short booklets for older children on family life/mental health issues.

Tel: 020 8519 2122

Signpost Young Carers Project

What is mental illness?

Information pack to help young people understand more about the difference between mental health and mental illness.

Young Minds

Young Minds produces a number of booklets for young people. One of the booklets is called 'Mental illness in your family' and is written with young carers in mind. See www.youngminds.org.uk for further information.

Participation

'Giving Young People a Say' in *Rural Focus* 1995/96 Winter Issue (no. 8)

In many villages, teenagers have little control over their lives. Activities and facilities, where they exist at all, are planned for them. Transport means walking or begging parents for a lift. Little wonder that so many rural young people feel frustration and a sense of alienation. Several counties are experimenting with youth parish councils to give young people a more active role in the local community.

'How to Involve Young People in Decision-making' in *Red Cross Education*, Summer 2000 issue, pp. 10–11.

There is a boom in practical attempts to involve young people in decision-making. This short article advises on the approach to take when setting up youth councils, youth forums, young people's committees, etc. and where you can get further information.

Badham B. (2001)

'Count us in', *Childright*, issue no. 174, pp. 14–17.

Examines recent initiatives such as the government's national strategy for neighbourhood renewal, local strategic partnerships and the Children's Fund; and discusses ways of effectively involving children and young people in consultation and decision-making.

Benga, A. et al. (2001)

The Emperor's New Clothes: A report on three conferences exploring children's rights.

London: National Children's Bureau.

Written by the young people themselves, this publication highlights the lessons that have been learned from the experiences of a group of young people who organised a series of conferences around participation. Through commissioning the conferences on involvement in decision-making, the children and young people illustrated just how much can be accomplished through participation.

Booth T. et al. (2000)

Index for Inclusion: Developing learning and participation in schools.

Centre for Studies on Inclusive Education.

A set of materials to support schools in a process of inclusive school development by drawing on the views of staff, governors, parents and students. Sets out a step-by-step process of change and examines ways in which inclusive practices can be developed by incorporating the values and cultures held within the school and community. The dimensions of culture, policy and practice are used to direct thinking about school change and to bring about inclusion within the educational process. Barriers to learning and participation are examined.

Cash K. (2000)

'Target: youth participation and skills development' in ***Images*** 6(1) pp. 4–6.

Article on Y Care's Target campaign, which aims to raise awareness of the importance of addressing young peoples' skills needs.

Clarkson J. and Frank J. (2000)

'The Voice of the Child in FGCs' in ***Moving Forward on Family Group Conferences in Hampshire: Development and research.***

Describes the work undertaken by The Children's Society's Rights and Participation Team in Hampshire to evaluate the extent to which the voice of the child is heard in family group conferences.

Dickenson, B. (2000)

The Youth of Today have Something to Say... about Participation: The story of the Participation Education Group – a registered charity run by and for young people.

Participation Education Group.

PEG members have explained their thinking about what makes participation work, and the book includes extracts from pieces of research that PEG has carried out, including the evaluation of their scheme for peer education for participation.

Kalra V.S., Fieldhouse E.A. and Alam, S. (2001)

'Avoiding the New Deal: A case study of non-participation by minority ethnic young people' in ***Youth and Policy***, Summer 2001 issue, no.72.

Kinney, L. and McCabe J. (2001)

Children as Partners: A guide to consulting with very young children and empowering them to participate effectively.

Stirling Council.

The rights of children to be consulted and listened to on matters affecting them are enshrined in legislation. Ensuring that children's voices are heard and their involvement in decision-making encouraged can be a challenge for early years practitioners and service providers. This guide is offered as a support for staff in nurseries and early years establishments.

Miller, J. (1996)

Never Too Young: How young children can take responsibility and make decisions – a handbook for early years workers.

National Early Years Network.

This practical handbook shows how young children, under the age of eight, can participate, make decisions and take responsibility for their actions.

Rights and Participation Hampshire (2000)

The Needs of Young Carers and our Families: A report on the participation of young carers at 'community care live – 2000'.

London: The Children's Society.

Rotherham Participation Project (2001)

Young People's Charter of Participation.

London: The Children's Society.

Rotherham Participation Project, together with young people in Rotherham, developed the Charter using research involving over 400 young people. The research looked at specific subjects of concern for young people, including health, housing, crime, education, training and employment. Young people's views enabled the project to identify the common

themes that were creating barriers to young people accessing services or being involved in decision-making.

Willow, C. (2001)

Participation in Practice: Children and young people as partners in change.

London: The Children's Society.

Includes a chapter on the work done at the annual Young Carers' Festivals in partnership with YMCA Fairthorne Manor.

Refugees and asylum-seekers

Colin-Thorne, D. (2002)

Meeting the Health Needs of Refugee and Asylum-Seekers in the UK: An information and resource pack for health workers.

Available (with updates) from the Department of Health website (www.doh.gov.uk)

Panter-Brick, C. and Smith, M.T. (eds) (2000)

Abandoned Children.

Cambridge University Press.

Book about issues surrounding refugee children.

Refugee Children's Consortium (2002)

Response by the Refugee Children's Consortium to the Home Office White Paper 'Secure Borders, Safe Haven: Integration with Diversity in Modern Britain'.

Refugee Council (March 2002)

The Refugee Council's Response to the Government's White Paper 'Secure Borders, Safe Haven: Integration with Diversity in Modern Britain'.

Refugee Council.

Refugee Council (2002)

Briefing July 2002: Health services for asylum-seekers and refugees.

Available from the Refugee Council website: www.refugeecouncil.org.uk

Roberts, K. and Harris, J. (2002)

Disabled People in Refugee and Asylum-Seeking Communities.

Policy Press for Joseph Rowntree Foundation.

Tolfree, D. (1996)

Restoring Playfulness: Different approaches to assisting children who are psychologically affected by war or displacement.

Falun: Scandbook.

The Department of Health has issued an information and resource pack for refugees and asylum-seekers which includes a section on eligibility for and provision of health services.

www.london.nhs/newsmedia/publications.htm

Siblings

Atkinson, N. and Crowthorn, M. (1995)

All in the Family: Siblings and disability.

London: NCH Action for Children.

A survey of children with disabled siblings – the report suggests that all of the children have great affection for their siblings but that they experience some problems in terms of social isolation, problems at school and public attitudes to disability. All of the children in the survey were involved in some aspects of caring for their disabled sibling.

British Institute of Learning Disabilities [BILD]

Brothers, Sisters and Learning Disability.

Booklet giving information for families who have a child with learning disabilities, and other children in the family.

Tel: 01562 850251

Cairo, S. (1999)

Our Brother Has Down's Syndrome: An introduction for children.

Annick Press Ltd.

Book explaining Down's Syndrome to young siblings and young children.

Contact a Family.

Siblings and Special Needs.

Factsheet about siblings of children with a severe disability/chronic illness. For parents and those working with families who have a child with special needs.

Mental Health Foundation

Children with Autism.

Booklet for siblings of someone with autism.

National Autistic Society.

Siblings of Children with Autism.

Guide to understanding sibling relationships, what families can do to support their other children.

National Autistic Society, 276 Willesden Lane, London, NW2 5RB

NCH Action for Children.

Hello Sister! Hello Brother! All in the Family.

Leaflet giving advice for both young people/parents who have a brother or sister/child with a disability.

Youth work

Factor, F., Chauhan, V. and Pitts, J. (eds) (2001)

The RHP Companion to Working with Young People.

Russell House Publishing.

Ingram, G. and Harris, J. (2001)

Delivering Good Youth Work: A working guide to surviving and thriving.

Russell House Publishing.

Plummer, D. (2001)

Helping Children to Build Self-Esteem.

London: Jessica Kingsley Publishers.

A photocopiable activities book.

Rogers, V. (2001)

Exploring Feelings: A resource handbook for work with young people aged 9 to 13.

Youth Work Press.